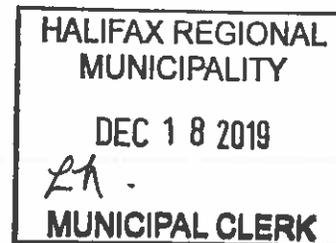


## Stewart, April

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**From:** Office, Clerks  
**To:** Dean, Robyn  
**Subject:** RE: [External Email] Re: [External Email] Re: [External Email] Re: Following up on meeting with Tony Mancini



**From:** Dean, Robyn  
**Sent:** December-18-19 10:57 AM  
**To:** Office, Clerks <clerks@halifax.ca>  
**Subject:** FW: [External Email] Re: [External Email] Re: [External Email] Re: Following up on meeting with Tony Mancini

**From:** Anne-Marie McElrone <[REDACTED]>  
**Sent:** December 18, 2019 9:26 AM  
**To:** Dean, Robyn <deanr@halifax.ca>  
**Subject:** [External Email] Re: [External Email] Re: [External Email] Re: Following up on meeting with Tony Mancini

*[This email has been received from an external person or system]*

Hi Robyn,

Attached are the following materials to be shared with the community members of the Finance and Audit Committee.

- Our initial request letter to council
- A snapshot of the community we serve
- A chart showing how we are addressing Council's priority areas
- An explanation of how we will use HRM's investment
- An overview of our One Roof plans
- A link to our [Annual Report](#)

I'm happy to drop off paper copies tomorrow if you think that's best. Thank you very much for your assistance. AM

**Anne-Marie McElrone**

On Tue, Dec 17, 2019 at 3:00 PM Dean, Robyn <deanr@halifax.ca> wrote:

Would you be able to send me an electronic copy of your information? That might help me better answer your question!

Thanks,

Dear Councillor,

I work in the hub of our city's most challenged community. One in two children in Dartmouth North lives in poverty. Our poverty rates are the highest in HRM, but in the midst of this daily reality, there is also great hope, resilience and action.

People served by the Dartmouth Family Centre and Dartmouth North Community Food Centre say their access to healthy food is now increasing, their physical and mental health is improving, parents feel more confident and supported in caring for their children, and everyone says they feel like part of a community through their involvement with our programs.

We want to grow this impact and we're asking for the city's help. On Tuesday, October 8<sup>th</sup> District 6 Councillor Tony Mancini will be asking you to consider a \$100,000 funding request from our organization. This is not a request we take lightly.

We are in the process of bringing our two sites together under one roof so we can better serve the many families and individuals living in poverty in our community. This move is a necessity because:

- Our current Family Centre site on Albro Lake Rd is not accessible to people with physical disabilities
- Having two sites is not cost-effective and we want to make the best possible use of every dollar we receive
- Under one roof our programming will be better coordinated for community members, making food programming more accessible for families and allowing for more intergenerational learning and volunteering

Five years ago we doubled our footprint in Dartmouth North and opened Atlantic Canada's first Community Food Centre. We added 5,000 square feet of community space and a 20,000 square foot farm to the heart of Dartmouth North with the help of national and local supporters.

Since that time we've served more than 60,000 meals, grown and given away 8,000 lbs of produce, and engaged hundreds of volunteers who've contributed almost 25,000 hours of their time.

But having two sites creates a barrier for participation in all our programming. We know we can be better by working together –something that nonprofits are often encouraged to do, but are rarely able to take up the challenge.

We stand ready to take up the challenge and you can help. There was only one vacant unit left in our building at 6 Primrose. To ensure we held the space and in order to serve the community better, we had to act quickly, even though it meant immediately doubling our fundraising goal for the year to almost \$1.2 million.

Before we signed a lease we asked our national partner, Community Food Centres Canada to commit \$100,000 to the effort; they saw the community benefits and agreed. On September 28<sup>th</sup>, the Province matched that gift through its Department of Community Services and Culture, Communities and Heritage. Now we are asking Council to do the same. **We can promise that for every dollar invested by HRM we will raise an additional \$10 to bring our sites together and offer inclusive, dignified and high impact programming.**

We are not asking for a handout, we are asking council to invest in work that touches on at least three of council's six strategic priorities (Healthy Liveable Communities, Social Development and Governance & Engagement). This investment will serve our city's most challenged community for years to come – a responsibility that cannot belong to a single district.

People come from across the city to participate and volunteer in our programs and many of those programs are spreading to other communities and neighbourhoods. Feed Nova Scotia recently created and distributed a public engagement toolkit for every food bank in the province based on a voter engagement campaign created at our Community Food Centre. A community kitchen like ours is being built by Hope Blooms in Halifax's north end and we've had countless requests from communities across the city and province to screen our documentary film, Six Primrose, as an example of how good food can transform lives.

I'm attaching an overview of our plans for the new Family Centre and a link to our latest [Annual Report](#) as background. I invite you to join us at a [screening](#) of [Six Primrose](#) on Wed. Oct 22<sup>nd</sup> at 6pm at the Community Food Centre (6 Primrose St. Unit 140). We welcome any questions you may have about our existing programs or future plans.

Wendy Fraser  
Executive Director

# SNAPSHOT OF DARTMOUTH NORTH

Dartmouth North has the **highest percentage of low income** households in HRM, including the highest percentage of children in low income households. This fact, combined with the high density of lower cost rental units, make the location of our organization ideal for reaching a **particularly substantial number** of those **living in poverty within HRM**.



**33.3%** of households are low income

**49%** of children live in low income households



**55%** of people 15 years of age and over had a high school certificate or less (in comparison to 40% of HRM)



**82%** of residents live in rental units

**57%** have moved in the last five years (both stats are 40% for HRM as a whole)



**49%** of residents live alone (not with families).

SOURCE: UW Census Snapshot 2016

# SNAPSHOT OF OUR PROGRAM PARTICIPANTS

We know we are reaching **the most vulnerable** within this challenged neighbourhood, because of the demographics consistently documented within of our program participant population.



**84%** of our participants live in low income households



**64%** said feeling isolated was a significant challenge



**58%** of families are lone parent households



**76%** report having a chronic health issue, such as a mental health issue, heart disease, or diabetes



**55%** said having enough food for the family was a significant challenge

**90%** said the community food centre was a significant source of healthy food for them



**41%** of participants have not completed high school

**25%** had a high school certificate as their highest level of education

SOURCE: Community Action Program for Children (CAPC) Participant Survey 2018 & Annual Program Survey Community Food Centres Canada 2018



# OUR WORK TOUCHES ON FOUR OF COUNCIL'S SIX PRIORITY AREAS

## HOW OUR WORK CONNECTS WITH COUNCIL PRIORITY AREAS

<p><b>ECONOMIC DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>• Building capacity</li> <li>• Connecting businesses to community</li> <li>• Supporting skills and education</li> </ul> 	<p><b>HEALTHY, LIVABLE COMMUNITIES</b></p> <ul style="list-style-type: none"> <li>• Strengthening families</li> <li>• Improving health</li> </ul> 	<p><b>SOCIAL DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>• Increasing social support</li> <li>• Contributing to voluntarism</li> <li>• Building belonging</li> </ul> 	<p><b>GOVERNANCE &amp; ENGAGEMENT</b></p> <ul style="list-style-type: none"> <li>• Growing engagement</li> </ul> 
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## HOW OUR OUTCOMES CONNECT WITH COUNCIL PRIORITY OUTCOMES

### HEALTHY, LIVABLE COMMUNITIES

PRIORITY OUTCOME	DFC OUTCOME
<p><b>Recreation &amp; Leisure</b></p> 	<ul style="list-style-type: none"> <li>• Community Farm attracts hundreds of volunteers annually</li> <li>• Produces &amp; distributes 3,000lbs of fresh produce</li> <li>• New natural outdoor playspace will benefit the entire community</li> </ul>
<p><b>Community Health</b></p> 	<ul style="list-style-type: none"> <li>• 64% of participants say their physical health has improved because of our programs</li> <li>• 90% say the food centre provides them with an important source of healthy food</li> </ul>

### ECONOMIC DEVELOPMENT

PRIORITY OUTCOME	DFC OUTCOME
<p><b>Attract and retain talent</b></p> 	<ul style="list-style-type: none"> <li>• 25% of our staff were once program participants, including the Manager of our Family Centre</li> </ul>
<p><b>Promote and maximize growth</b></p> 	<ul style="list-style-type: none"> <li>• Many of our supporters are new or growing businesses who appreciate the opportunity to be involved in our centre and give back to their community</li> </ul>
<p><b>Make Halifax a better place to live and work</b></p> 	<ul style="list-style-type: none"> <li>• 95% of people say they've found a community at our centres</li> <li>• A culture of belonging and opportunity makes our city better for everyone.</li> </ul>

### SOCIAL DEVELOPMENT

PRIORITY OUTCOME	DFC OUTCOME
<p><b>Social Infrastructure</b></p> 	<ul style="list-style-type: none"> <li>• 86% of our volunteers also participate in our programs</li> <li>• 80% of participants reported making new friends who they could call on for help</li> <li>• 95% feel they belong to a community</li> </ul>
<p><b>Accessible Community</b></p> 	<ul style="list-style-type: none"> <li>• Current Family Centre location is on two floors.</li> <li>• Our new location at 6 Primrose will be fully accessible</li> </ul>
<p><b>Equity &amp; Inclusion</b></p> 	<ul style="list-style-type: none"> <li>• We create opportunity for one of the city's most disadvantaged communities</li> <li>• 74% of participants are unemployed</li> <li>• 80% are living below the Low Income Measure</li> <li>• 76% have been diagnosed with 1+ chronic health conditions</li> </ul>

### GOVERNANCE & ENGAGEMENT

PRIORITY OUTCOME	DFC OUTCOME
<p><b>Municipal Governance</b></p> 	<ul style="list-style-type: none"> <li>• In an area with historically low voter turnout, our voter engagement programs have increased turnout by 400%</li> </ul>
<p><b>Public Engagement</b></p> 	<ul style="list-style-type: none"> <li>• 62% of participants say they have become more involved in the community because of their involvement at the centre</li> </ul>

# HRM'S INVESTMENT

We're raising \$10 for every \$1  
contributed by HRM

\$1.1 million for capital and programs  
\$500k+ for capital

\$100k Board, donors, & national partner	\$100k from province	\$100k match from HRM	Triggers \$100k match from donor
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# HRM's investment will be used for:



## Natural outdoor playspace

Located on our Community Farm  
Allows parents to volunteer, grow their own food  
Creates safe playspace for young children  
Natural space connected to secret garden  
Makes daily visits to farm possible for Sunshine Gang day camp  
Lasting asset for the community, open after hours

**Price: \$55,320**



## Program equipment & furnishing

New equipment and furniture for child development, program room, health room  
Millwork for front desk, food trading cupboard  
New furniture for offices

**Price: \$66,006**





# ONE ROOF.

TOGETHER. WE CAN DO EVEN MORE.





# OUR APPROACH IS WORKING.

## GIVING FAMILIES THE BEST START

96% gained confidence in their parenting ability

## LEARNING TOGETHER

96% better understand their child's development

## IMPROVING HEALTH

90% say the food centre is an important source of healthy food

## INCREASING SOCIAL SUPPORT

97% feel like part of a community

## GROWING ENGAGEMENT

86% of our volunteers also participate in our program

## WE LIVE IN ONE OF THE CITY'S MOST CHALLENGED COMMUNITIES.

### DARTMOUTH NORTH

### MUNICIPAL AVERAGE

49%

Children living in low income households

19%

32%

Working age population living with low income

14%

27%

Seniors living in households with low income

12%

For 25 years the Dartmouth Family Centre has worked with young families in the heart of Dartmouth North. In 2015, the centre dramatically expanded its service by opening the Dartmouth North Community Food Centre.

Now we reach the entire community. Every day we support people with physical and mental health needs. We work with individuals, children, families, and seniors who are experiencing poverty, poor health and a lack of opportunity.

**"THE CENTRE HAS GIVEN ME CONFIDENCE...IT'S INVOLVED ME IN THE COMMUNITY SO I BELIEVE I CAN CONTRIBUTE TO CHANGE."**



## BUT TOGETHER WE CAN DO MORE.

### ACCESSIBLE

Current Family Centre is not accessible to people with disabilities

### SEAMLESS SERVICE

For families and individuals at every age and stage

### SHARED PROGRAMS

More meals for parents, more farm time for kids!

### INTER-GENERATIONAL

Making the most of what everyone has to offer

### COST EFFECTIVE

Less overhead means more programming

## A COMMUNITY HUB FOR ALL AGES

YOU CAN HELP MAKE IT HAPPEN!

FOUR YEARS AGO WE DOUBLED OUR SIZE AND OUR IMPACT. NOW WE'RE READY TO DO EVEN MORE.

We are launching a \$500,000 capital campaign to bring the Dartmouth Family Centre and Dartmouth North Community Food Centre together, under one roof at 6 Primrose, so we can offer a continuum of integrated programming to the entire community.

Together we will create a state-of-the-art space for child development programming and parenting support to stand alongside the beautiful, dignified Community Food Centre space.

**"THIS IS SOMETHING OUR COMMUNITY NEEDS...IT'S MORE THAN A PLACE, IT'S LIKE AN EXTENDED FAMILY."**



# JOIN US. TOGETHER WE CAN DO MORE.

YOUR CONTRIBUTION TO OUR \$500,000 CAPITAL BUDGET WILL LAUNCH OUR THREE-YEAR PLAN TO BRING OUR TWO SITES TOGETHER AND OFFER A SEAMLESS CONTINUUM OF SERVICE UNDER ONE ROOF.

The new Family Centre is centrally located beside a high traffic medical clinic and pharmacy to maximize awareness and participation. This stunning new space will include a:

- **One-stop navigation centre** where community members can find programs that suit their needs
- **State-of-the-art child development space** where young children can explore, create and discover
- **Bright, inviting program space** for parents and the entire community to learn, connect and share
- **Welcoming Clinic space** for well baby clinics, mental health support and more
- **Private office space** where individuals can receive one-on-one support
- **Shared office space** where staff can collaborate and plan programming

## CAMPAIGN CABINET

### Honourary Co-Chairs:

Anne Campbell, NovaScotian Crystal  
Danny Chedrawe, Westwood Developments & Anchor Group Atlantic

Wendy Fraser, Executive Director  
Anne Cogdon, Board Chair  
Cathy Chenhall, Vice-Chair  
Doug Townsend, Board member, Co-owner, The Canteen



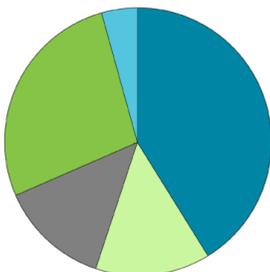
# 2018-19 IMPACT REPORT



## 2018-19 REVENUE AND EXPENDITURES

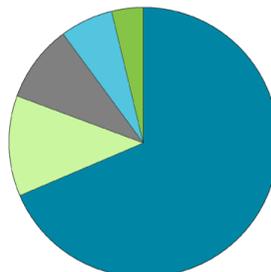
### REVENUE

Provincial funding	● 643,230
Corporate, foundation & individual fundraising	● 422,845
Federal funding	● 211,400
Community Food Centres Canada grant	● 210,000
United Way grant	● 66,957
<b>TOTAL</b>	<b>1,554,432</b>



### EXPENDITURES

Personnel	● 1,067,348
Building costs & Equipment	● 186,877
Program materials & food	● 142,230
Program Development	● 99,988
Travel & other costs	● 57,989
<b>TOTAL</b>	<b>1,554,432</b>



### THANK YOU TO OUR BOARD OF DIRECTORS

Anne Cogdon, Chair  
 Cathy Chenhall, Vice-Chair  
 Kristina McMillan, Secretary  
 Kristine Elliott-Grace, Treasurer  
 Sharon Clark  
 Erin Murphy  
 Doug Townsend  
 Natalie Woodbury

### THANKS TO ALL OUR GENEROUS SUPPORTERS

#### FUNDING PARTNERS

Community Food Centres Canada  
 Nova Scotia Department of Community Services  
 Nova Scotia Health Authority  
 Public Health Agency of Canada  
 United Way Halifax

#### ORGANIZATIONS

3West Dartmouth General Hospital staff  
 Afashionado Fishmongers  
 Albro Lake Medical Clinic  
 Antigonish Food Security Coalition

Atlantic Purification Systems  
 Aviva  
 Birdies Bread Co.  
 The Canteen  
 Christine Darrah Design  
 Davis Pier  
 Devour! The Food Film Fest  
 Earthco Resources Inc.  
 East Port Properties staff  
 Edwards Family Charitable Foundation  
 Flemming Charitable Foundation  
 Ecology Action Centre  
 Evergreen  
 First Baptist Church of Dartmouth  
 Good Shepherd Food Bank  
 Halifax Assistance Fund  
 Halifax Chamber of Commerce

Halifax International Airport Authority  
 Halifax District Activity Fund – Councillor Tony Mancini  
 Halifax Youth Foundation  
 Hartman Matthews Family Trust  
 Innovative Real Estate  
 Lawton's (Primrose Street)  
 The Levenhurst Foundation  
 Living Earth Council  
 Made with Local  
 Manulife  
 Maritime Gourmet  
 Mushrooms  
 Mary Margaret Young Estate  
 The Masonic Foundation of Nova Scotia

Meghan Tansey Whitton Photography  
 McInnes Cooper  
 Medavie  
 Mike Oulton Meats  
 Port Wallace United Church  
 Sunday School  
 NorthWest Healthcare Properties  
 Nova Scotia Communities, Culture & Heritage – Building Vibrant Communities  
 Nova Scotia Department of Seniors -- Age-friendly Communities Grant  
 Nova Scotia Health Authority – Chronic Disease Innovation Fund  
 NovaScotian Crystal staff  
 Pop Culture Brewing

Company  
 Power Promotional Concepts  
 President's Choice  
 Children's Charity  
 The PR Hive  
 Saint Paul Parish  
 Seascapes Knits  
 Sisters of Charity  
 Sobeyes  
 Station 1 Fine Food  
 Taproot Farms  
 Telus Atlantic Community Board  
 Trainyard General Store  
 Truefaux Films  
 Venor Recruitment Company  
 Vessel Meats  
 The Windsor Foundation

### BLUE NOSE 2018

Thank you to everyone who supported our 2018 team:  
 Sonja Bellefontaine  
 Paul Black  
 Maryann Borg  
 Sharon Clark  
 Liam Clark-Black  
 Anne Cogdon  
 Vivian Cooper  
 Deborah Dickey  
 Cindy Elliott  
 Irene Gliinsky  
 Henry Goupil  
 Susan Goupil  
 Susan Greenough  
 Susan Leblanc  
 David Lincourt  
 Doris Macaracher  
 Euan MacDonald  
 Roxanne Manning  
 Caralee McDaniel  
 Anne-Marie McElrone  
 Dean Morton  
 Amanda Nickerson  
 Hayden Nickerson  
 Alicia Nolan  
 Avelene Osmond  
 Emma Poirier  
 David Richey  
 George Shannon  
 Mitchum Shields  
 Tammy Shields  
 Nadine Sparks  
 Collette Spellman  
 Keith Stevens  
 Angela Yochoff  
 Laura Yorke

Pop Culture Brewing Co.  
 Portland Street Creperie  
 Stone Pizza  
 Taste of Nova Scotia  
 Rana Zaman

### GARDENING PARTY 2018

BOYNECLARKE LLP  
 Killam REIT  
 Ocean Contractors  
 O'Regan's  
 Rotary Club of Dartmouth  
 Sobeyes  
 Telus

### COMMUNITY MEAL

The Canteen  
 Chives  
 Il Trullo  
 Java Blend  
 The Watch that Ends the Night  
 The Wooden Monkey

### RESTAURANTS FOR CHANGE

The Canteen  
 EnVie

### THIRD PARTY FUNDRAISERS

Kindkrafts  
 Oakfield Ladies Golf Tournament  
 Colin Bebbington & The Wooden Monkey  
 Devour! The Sea

### SIX PRIMROSE @ ALDERNEY LANDING

Sobeyes  
 Alderney Landing Theatre  
 Bishop's Cellar  
 Lake City Cider  
 North Brewing  
 Souper Duper Soup

### INDIVIDUALS

Anne Campbell & John Lindsay  
 Douglas Wilson  
 Anonymous

Kimberley Amirault  
 Pamela Anderson  
 Catherine Arms-Roberts  
 Claude & Diane Aucoin  
 Oras Bakour  
 Marcia Barsz  
 Jessica Basta  
 Susan Bennett  
 Anne Blackler  
 Mary Beth Bowie  
 Gerald & Gloria Breen  
 Marc Brochu  
 Rae Brown  
 Joan Burgess  
 Denise Callahan  
 Patricia Campbell  
 Stella Campbell  
 Claudia Chender  
 Cathy Chenhall & Patrick O'Regan  
 Fiona & Mark Chin-Yee  
 Tim Chipman & Suzanne Zinck  
 Robert Chisholm  
 Sharon Clark  
 Anja Clyke  
 Anne Cogdon  
 Alan Collins  
 Louis R. Comeau  
 Poet Comeau  
 Christine Corston

Aimee Coulombe  
 The Grace Family  
 Donna Cunningham  
 Prem Deonarine  
 Dominique Deflandre  
 Carolyn Delvallet  
 Deborah Dickey  
 Kevin Dickey  
 Patrick Drown  
 The Drown Family  
 Angus Duncan  
 Dianne Ferguson  
 Timothy Fletcher  
 Kathleen Flowerdew  
 Nancy Fong  
 Susan Forsyth  
 Brian Fortune  
 Wendy Fraser  
 Sid Fraser  
 Alison Froese-Stoddard  
 Jenny Gammon  
 Rachael Gardiner  
 Georgina Geldert  
 Skana Gee  
 Igor Geshelin  
 Carolyn Gill  
 June Gillespie  
 Julie Glistler  
 Jim Goddard  
 Dr. Jan Goodwin  
 Adam & Suzanne Greeley  
 Katherine Hamilton  
 Douglas & Diana Hanley  
 Nicole Hansom  
 Catherine Hart  
 Leah Hemeon  
 Clarence Hewitt  
 Theresa Hurley  
 Jane Hustins  
 Terry Ann Jardine  
 Sandy Jolly  
 Anam Kidwai  
 Emily C. Kay  
 Maureen King

Chara Kingston  
 Justin Laing  
 Danielle Langevin  
 Arthur & Patsy LeBlanc  
 Susan Leblanc  
 Rene Leclerc & Andrea Bowie  
 Melissa Lee  
 Colleen Lewis  
 Lorraine Lewis  
 Frank Lockington & Trish MacInnis  
 Megan Longley  
 Stella Lord  
 Joan Luiken  
 Annick MacAskill  
 Rita MacAulay  
 Jessie Macdonald  
 Margie Macdonald  
 Claire MacDonald  
 Sudanna MacDonald  
 Mary Macdougall  
 Marian Macken-Issekutz  
 James MacNeill  
 Maura MacNeill  
 Tracy Mahoney  
 Grace Malcolm  
 Melissa Mallory  
 Marsha Mann  
 Susan Marsh  
 Pat & Dennis Maynard  
 Matthew McCarthy  
 Gloria McCluskey  
 Caralee McDaniel  
 Anne-Marie McElrone  
 Joanne McKeough  
 Mary McKeough  
 Kristina McMillan  
 Kimberlee McTaggart  
 Sarah Meaney  
 Patricia Millar  
 Ann & Rainer Minzloff  
 Sheila Moffatt  
 Kathy Moggridge

Anna Monbourquette  
 Cynthia Moore  
 Amy Muench  
 Bonnie Murphy  
 Erin Murphy  
 JoAnn Nippard  
 Margaret Nunn  
 Bruce Oakley  
 Cheryl O'Brien  
 Bill and Barb O'Hearn  
 Katalin Ohlsson  
 Kathleen O'Regan Bent  
 Val Pattenden  
 Dennis & Peggy Pilkey  
 Scott Rappard  
 Sandra Reesor  
 Jane Reilly  
 Bernard & Deborah Rogers  
 Gwen Romanes  
 Violet Rosengarten  
 Jacqueline Ruck  
 Heather Sceles  
 Anthony Scoggins  
 Lisa Scott  
 Ian Smith  
 Elizabeth Smythe  
 Pat & Phil Sonnichsen  
 Harry Soper  
 John & Cathy Snow  
 Matt Spurway  
 Keith Stevens  
 Alan Swinamer  
 James & Christina Trussler  
 Fred Tummonds  
 Derek Vallis  
 Charles Verge  
 Jan Wallace  
 Janice Wheby  
 Natalie Woodbury  
 Laura Yorke

### BLUE NOSE RAFFLE CONTRIBUTORS:

BEY Botany  
 Blended Athletics  
 Finbar's Irish Pub



Get involved and help strengthen our community. Donate online or sign up for our mailing list on our website: [www.dartmouthfamilycentre.ca](http://www.dartmouthfamilycentre.ca)

Thanks to Community Food Centres Canada for its support of the Dartmouth North Community Food Centre

Charitable number: 140914755RR000

All photos courtesy of Snickerdoodle Photography except photo of Six Primrose stars on page 2, taken by Jordo Haines.

Facebook: DartmouthNorthCFC  
 Twitter: @DartmouthCFC

Facebook: Dartfc  
 Instagram: dartmouthcfc  
 Website: [dartmouthfamilycentre.ca](http://dartmouthfamilycentre.ca)



*"My kids and I are starting over. We hit some bumps along the way and have also had some really great days. But I worry a bit less, or smile a bit more, because I have a constant through all of it."*

Read Diana's story on our website at [www.dartmouthfamilycentre.ca](http://www.dartmouthfamilycentre.ca)



## 2018-19 HIGHLIGHTS

### SIX PRIMROSE WORLD PREMIERE

There wasn't a dry eye in the house at the first screening of Six Primrose, a feature-length documentary by Truefaux Films that follows the lives of six community members connected with the Dartmouth Family Centre/Dartmouth North Community Food Centre.

### WELCOME WENDY!

In December 2018, our team welcomed a new Executive Director, Wendy Fraser. Wendy brings with her decades of experience in non-profit and community organizations.

### KEEPING KIDS COOKIN'

Thanks to President's Choice Children's Charity for supporting some of our most popular family and kid-focused cooking programs, like Young Cooks and Food & Families.



# OUR IMPACT

DARTMOUTH NORTH IS ONE OF OUR CITY'S MOST CHALLENGED NEIGHBOURHOODS, WHERE 1 IN 2 CHILDREN LIVE IN LOW INCOME HOUSEHOLDS. BUT IT IS ALSO A COMMUNITY OF RESILIENCE.

With the help of partners, supporters, volunteers and program participants we're working to strengthen families, improve health, and increase social support.



**9,377**

volunteer hours



**212**

volunteers



**27,480**

healthy nutritious meals served



**36,989**

participant contacts across both sites including visits to drop-in programs, food skills and parenting workshops, community meals, and more.



**95%**

of participants feel they belong to a community.



**95%**

of participants have gained confidence in parenting.



**92%**

of participants say that we provide them with an important source of healthy food.



**1,823**

one-on-one support sessions offered through our Peer Advocacy program



**100**

families received ongoing in-home support through our Enhanced Home Visiting & Parenting Journey programs

*"I wouldn't be alive today without this centre... it prevents isolation and forces me to get out. And now I know many more people in our neighbourhood."*

- Food Centre volunteer & participant

*"This is an incredible place. I've seen the community come alive, it makes a great difference in people's lives."*

- Food Centre participant

*"I am a mother of premature twin boys, with lots of life challenges as an immigrant. After I came to the Family Centre I had a new life... I love being there."*

- Family Centre participant

*"I was Melissa's Home Visitor seven years ago when she was pregnant. Now we are co-workers, and she is a Home Visitor herself. She has become a source of strength for many others."*

- Tammy Shields, Community Action Coordinator

*"People are learning skills and healthy behaviours while becoming more engaged in their community. We're proud to support Dartmouth North in providing programs that help people live their best lives, mentally and physically."*

- Bernard Lord, CEO, Medavie

