

Cowichan Family Life Association

#102, 481 TransCanada Highway
Duncan, BC V9L 3R7

Fiscal Year 2022-2023
ANNUAL GENERAL MEETING

November 23, 2023

Cowichan Family Life Association
ANNUAL GENERAL MEETING
Held November 23, 2023
at #102, 481 TransCanada Highway and virtually

For period April 1, 2022 - March 31, 2023

AGENDA

Call to order

- | | | | |
|----|--|-----------|---------|
| 1. | Approval of Agenda
Motion to approve | Seconders | Carried |
| | | | |
| 2. | Approval of AGM minutes from 2022
Motion to approve | Seconders | Carried |
| | | | |
| 3. | Reports
♦ President's Report – Deanna Wrate
♦ Executive Director Report – Madelaine MacLeod
♦ Counselling Services Program Report – Ron Jorgenson, Clinical Supervisor
♦ Impact statement and stats
Motion to approve reports | Seconders | Carried |
| | | | |
| 4. | Financial Report – Financial Statements prepared by Tiemer & Co.
Motion to approve | Seconders | Carried |
| | | | |
| 5. | Election of Board Members, including nominations from the floor (bios included in pkg) | | |
| | Christine Smith | _____ | |
| | Lia Versaevel | _____ | |
| | Deanna Wrate | _____ | |
| | Elizabeth Traer | _____ | |
| | | | |
| 6. | Adjournment
Motion to approve | Seconders | Carried |

Cowichan Family Life Association
28 – 127 Ingram Street, Duncan BC V9L 1N8
ANNUAL GENERAL MEETING held November 8, 2022

Attendance: Madelaine MacLeod, Penn Thrasher, Christine Smith, Deanna Wrate, Tina Short, Ron Jorgenson, Kathy Code, Daphne Robinson, Katia Rheault, Hang Pham, Chris Rafues, Lia Versaevel. Specific regrets: Amy Hamilton, Nickie Williams, Soon-Yeen Ho, Rhondha Hinch, Ian Davies, Mio Stevens, Val Townsend

Call to order – 6:10 pm

Approval of Agenda –

Madelaine recommended that Rena from Tiemer & Associates present the Financials first, and before the balance of the AGM.

Motion to approve agenda as adjusted by Kathy Code; seconded Christine Smith. CARRIED

Approval of AGM minutes from December 13, 2021

Madelaine noted that although the membership voted to approve all of the Special Resolutions to amend the existing Bylaws, after a meeting around Board Governance, it was strongly suggested that the Board revisit the Bylaws again to ensure no further amendments were necessary. Therefore the approved Bylaw amendments were not/have not yet been filed with BC Societies.

Motion to approve the Minutes of the 2021 AGM by Deanna; Seconded by Christine. CARRIED

Report on Financials as prepared by Rena Tiemer of Tiemer & Association by Rena Tiemer

Overall, CFLA is in a much better financial situation than the past few years, and in fact had concern CFLA would be able to continue. It is important to see similar financial growth over the next two years at least, especially if CFLA wants to look at longer term capital acquisitions instead of relying on Board members' personal security.

Recommends that moving forward the Financial Report include a more clear breakdown, especially of specific grants received – such details show potential funders where our money comes from, and how it is spent.

Reports

- President's Report – in AGM package
- Executive Director's Report – in AGM package
- Counselling Supervisor's Report – in AGM package
- Financial Overview – in AGM package

Motion to accept all reports as presented by Kathy Code; seconded by Tina Short. CARRIED.

Appointment of Accountants

Motion to appoint Tiemer & Associates as CFLA's accountants for the upcoming fiscal year ending 2023 made by

Election of Board of Directors - Chaired by Madelaine MacLeod

The slate of directors as presented are accepted by all those in attendance

Nominations from the floor:

First call – no one else

Second call – no one else

Third call – no one else

Everyone in favour of accepting those standing for election. The 2022-2023 Board of Directors is Kathy Code, Christine Smith, Nickie Williams, Lia Versaeval, Deanna Wrate.

Adjournment

Motion to adjourn made by Deanna; seconded by Christine. CARRIED (7:19 pm)

COWICHAN FAMILY LIFE ASSOCIATION
Annual General Meeting
President's Report – submitted by Deanna Wrate
For the period April 1, 2022 – March 31, 2023

As per our Society's By-Laws, the Board of Directors resigned at the previous AGM, held Nov 22, 2022, and the new board elected with Deanna Wrate returned as President, Kathy Code returned as Vice-President, Christine Smith returned as Treasurer, Lia Versaevel and Nickie Williams came back as Directors at Large.

The Garden Tour Event for was held June 2022, and after a return from COVID hiatus, we were curious as to how it might be received. As always, we were not disappointed. Over 350 tickets were made available to visit the 6 gardens. This is the CFLA's largest fundraiser, fully embraced by volunteers, Master Gardeners, and garden owners. It will continue to be held on the first Sunday in June, no matter the weather! We look forward to continuing for many years. Many thanks to Tina Short, Madelaine MacLeod.

CFLA Programs: Volunteer Counselling, Healing Anger, and Communicating with Confidence were delivered through out the year, with the added workshop of a Financial Awareness program. We received funding from New Horizons for Seniors (Federal Gov't) to deliver a peer counseling training program.

Madelaine Macleod, our ED continued to navigate the organization, it's funding opportunities, and program development. Hang Pham was hired in August as our new Administrative Assistant/intake staff to the relief after an 8th month drought without administrative support.

The Board started strategic planning process, with Kathy Code facilitating. Planning continued, with no set plan prior to fiscal year end. This has now been held over for the incoming board.

Since the start of the new fiscal year (April 1, 2023), the Board continues to work towards developing a strategic plan, began a re-branding exercise, and moved to a new location. Planning for the 27th Garden Tour plan was well on its way. As always, the coming year is pivotal for CFLA as we look for core funding support so we can continue to do the important work we do.

I would like to once again, thank Madelaine MacLeod for her commitment, perseverance, and passion she has for CFLA, and the vision she holds of even stronger community support. Thank you to our members and Board for being part of the CFLA family.

Particularly, a huge thank you to Kathy Code, who sat on our Board for four years. She led our Strategic Planning sessions and was a second set of eyes on our BC Gaming Grant applications. She was instrumental in working through the financials and Society's paperwork in late 2018/2019 that ensured CFLA was current after the sudden closure of our Thrift Store and resignation of the then Executive Director. We know the important role she will hold with other organizations she is part of.

And thank you to Nickie Williams, who has been on this Board for the past 2 years. She looks forward to focusing on growing her independent business and providing her expertise to support and advocate for women in domestic abuse situations.

COWICHAN FAMILY LIFE ASSOCIATION
Executive Director's Report FYE 2022-2023
Annual General Meeting Nov 23, 2023
Submitted by Madelaine MacLeod

To clarify, Annual General Meetings are held to give members an overview about what happened during the previous fiscal year. As CFLA's AGMs are usually held in September, much can happen during the six months from the end of our fiscal year (March 31) until the AGM. This report covers the fiscal year 2022/2023 and an overview of other things going on.

What happened during FY April 2022 to March 2023

COVID continued to impact us, both financially and on our services. While many of the local funding resources that we had relied on for decades returned, noticeable was the increased demand on a finite amount available. We were fortunate to received some of this funding.

Counselling numbers continue to grow with an 58% increase in intakes. We continue to track how people know about CFLA, and 54% come to us by referrals (Duncan Mental Health, family practitioners, WorkBC, other agencies). We are still offering counselling virtually, but most clients are being seen in the office.

Our Volunteer Counselling Training program, concluded in May, 2022, so a small overlap in expenses unbudgeted were carried into our 2023 FY. We had 7 new counsellors completing the training, bring our pool of volunteers up to 17. Haven Jensen did her practicum from Sept 2022 to April 2023, as part of her 4th year in the Child & Youth program at VIU. The intent was to restart our Child & Family services, however, this placement was better served as a community outreach initiative. She and I attended 10 meetings with agencies servicing youth, including House of Friendship, FN Health Authority, MCFD - CYMH and Child Protection, and Haven ultimately met with 17 agencies. Upon completing her program, Haven secured employment as a direct result of her connections.

Healing Anger and *Communicating with Confidence* (formerly Personal Power & Self Esteem) workshops were offered (HA X 4; Communicating with Confidence x 2). We also offered *Finding Freedom from Financial Fears* (financial literacy) workshop, which was very popular, and we intend to offer it twice yearly. During this FY, we received a grant from New Horizons for Seniors Program (federal government), to run *Senior Peer Support Training* to train seniors 55+ in communication and listening skills. It ran into FY2024, but over the course of the funding, we had 15 attend this program, and have added it to our recent BC Community Gaming grant application. We also received a grant from Island Health to run *Journey to Emotional Wellness* workshops for youth and young adults (12-25). Unfortunately, capacity impacted us in getting the programs started during the FY 2023, and Island Health has extended the program funding until Oct 2024.

Staff: Hang Pham came to us in August 2022 to fill the enormous admin void. She left in May 2023, for full time employment. We have had other people filling in this roll since, and are hopeful to find someone permanently to free up my capacity to focus on my role as Executive Director. Ron Jorgenson continues as our Clinical Counselling Supervisor, and also facilitates the Volunteer Counsellor Training.

With decades of experience and expertise, he has provided our counsellors with new skills and learning opportunities. Ron made significant connections with other agencies, and we have had information tables or provided people at the Duncan Farm Market, Senior's Expo, Hospice and other events.

Grants and other funding: With careful money management and the remnants of the substantial Telus donation in late 2021, CFLA has managed to stay viable, with a decent amount of funding to carry through to the next year. Again, it is imperative that CFLA secure ongoing, stable core funding so we can stop relying exclusively on grants, donations, and our Garden Tour.

This fiscal year (ending March 2023) we received grant funding from: BC Community Gaming Grant, Garden House Foundation, New Horizons for Seniors Program, and Island Health. Significant donations came from Beverly Corners Show & Shine, a group who hosted a garage sale in conjunction with our Garden Tour, the Benevity Community Fund, and several through CanadaHelps. We were able to carry our Blue Cross funds forward to support our Child and Family services. After a two year hiatus, we hosted our 26th annual fundraiser "Garden Tour" in June 2022 which, together with a silent auction and raffle, raised over \$8400. Thank you to Tina Short for heading this event. Of course, it continues year-to-year, and we look forward to raising more funds. This is a HUGE undertaking and we encourage people to step forward to help make it even more successful.

Up and Coming (FY 2023/2024)

Since April 2023 (and the fiscal year end for this AGM) and behind the scenes, there continues to be extensive work by your Board, the admin team, and team of volunteer counsellors that keeps Cowichan Family Life the vital agency it has been for over 53 years.

The biggest change was the move on April 27, 2023 from our home of 50 years on Ingram Street to St. Julian Plaza (just south of the Cow High field). In early March 2023, our former landlord advised that he was raising our rent plus adding hydro and other costs, we hadn't paid previously. When I came on as ED in December 2020, I had anticipated some rental increase as we had been paying the same rate since 2012. However, we were not prepared for the equivalent of a 300% increase. This gave us the kick to find a space that was ground level and accessible, something we had done without since CFLA began. We have settled into renovated office space at #102, 481 TransCanada Highway, with a three year lease. It is roughly 200 sf smaller, and I miss the 10' ceilings at our former location. The meeting room is independent of the other spaces, which allows us to run workshops during the day (ie Senior Peer Support Training). However, clients and counsellors alike are thrilled with the more comforting feel and newness of the space. Now to work on quieting the highway traffic noise!

I am grateful for the relationships CFLA continues to have with service providers, health care providers, and other agencies. There is strong collaborative partnerships with CMHA and CVYS as our agencies strive to fill in the gaps of needed mental wellness services in Cowichan.

Respectfully submitted,
Madelaine MacLeod, Executive Director



Counselling • Neuro Feedback • Educational Consulting

AGM

Report of CFLA Clinical Supervisor For the period April 1st, 2022 to March 31st, 2023 For the AGM Nov 15th, 2023

The period from April 1st to March 31st has been the first full year for me in the position of the Clinical Supervision with CFLA. This reporting period included the continuing impact of COVID, which has shaped the outcomes and demands relative to counseling. In addition, we ended the period with the uncertain future site of CFLA.

As we look at the outcomes for the year, I have divided the year into quarters to look at the number of Intakes that were being done at CFLA; the number of sessions being executed in each quarter; and the number of counselors that were on deck during each quarter.

During the period from July 1st when I started my position with CFLA, until March 31st there were 76 recorded intakes for counselling with CFLA. Of that group there were 51 who actually availed themselves of the counseling provided by CFLA. (See Table 1 Below) Sometimes clients move on to work or resolve their situation or we simply are unable to reach them again following initial contact.

FYE April 2022 to Mar 2023	Q1 April-June	Q2 July-Sept	Q3 Oct-December	Q4 Jan-March	Total
Intakes	21	21	26	39	107
Sessions	82	77	96	146	401
Counselors	10	10	11	12	

Table 1: Above we can see the number of initial intakes with CFLA in various quarters and the corresponding number of Sessions and the Counselors available for each quarter

To a large extent, limits of clients served was because of the waitlist and the available counseling space. This also affected the length of time that clients were requested to wait. As COVID stretched into 2022 the number of referrals through the Fall 2021 had steadily risen.

There was also a learning curve as we sorted through the most efficient ways to bring client needs forward and match with counselors.

There are 3 phases to the volunteer or affordable counseling process;

- clients come in or phone requesting service in the initial contact or outreach to CFLA
- the arrangement and carrying out of the Intake by the Clinical Counselor
- the matching up of the client with an available counselor.

(At one point, due to the backlog, the wait period between step 1 and step 2 was almost a month. This was primarily a function of the amount of time that is available to do Intakes and the delay that builds up when there is a sudden influx of clients or there can be an additional period of waiting in order for a counselor to come free.

Presently a counselor is seeing a client for 8 sessions over a two month period. (This may be extended if the client or counselor has a life event occurring).

This means that during a year a counselor can see approximately 6 clients if they see one client at a time. In addition, we have had counselors, who in order to sustain their living situation or to advance their education, have gone to work away from the area or back to school for periods of time as well as with illness or summer vacations.

Fortunately, we have had some counselors who have taken more than a single client at a time either because they are retired, or they happen to be in a situation where they have more time to volunteer, for example a day off during the week.

During the critical period of COVID, some counselors continued seeing clients via ZOOM in order to preserve a healthy balance of caution and help. We continue to reach out to clients who are from Shawnigan Lake Cowichan), Crofton/Cheimainus the Gulf Islands and CVRD, though the majority are here in Ladysmith/Duncan area. During this period we have had a counselor in the Shawnigan area who works by phone, another two working by ZOOM and the remainder have varied between Face to Face and ZOOM. Two of our counselors have gone back for advanced degrees in Counseling.

Moving Forward:

Counseling Cohort:

Due to financial constraints, the decision to proceed with the next counselor training was delayed from the Fall of 2021 until February of 2022. While there was a considerable number of people who had expressed interest when it came time for the training there were 7 people

participating. This group had people represented from Scotland, Hungary, and Latvia and one from the USA as well as local residents. This cohort trained through the balance of the fiscal year and into May of 2022.

Counselor Withdrawal:

During this period one counselor retired from Volunteer work; two went back to school and one stepped away from CFLA having finished her education and proceeding to her own counseling practice. A fourth counselor has retired to visit her country of birth (Poland) and may or may not return. Another two counselors have become unavailable because of their present work situations. Recently, one counselor has decided to move back home to Scotland.

New Program Effort:

In addition, one of our present counselors has extended her availability as she is interning with us, doing her Master's through Yorkville University, and two others joined CFLA to complete Internships through VCCT. Two of these Interns are commuted from Victoria-Sooke area during this past summer.

Currently, the Cohort in the Fall of 2023 has 8 members and has finished Weekend 3 of 7 weekends. All the counselors are women and come from Salt Spring Island in the South to Nanaimo in the North.

New Directions:

Discussions with Madelaine have covered a wide range of from Child and Family Counseling; Youth over the age of 19; Seniors Peer Counseling requiring outreach to other Agencies to engage as partners. Difficulties with stable funding and infrastructure have made some of these choices difficult to bring to fruition.

Also under consideration has been the recruitment of student Interns to assist with programs and expansion of CFLA Services. One of the early attempts in 2022 to develop a child supported counseling program did not fly due to an Internship which was premature in its development along with the unstable situation of our having to move our physical location.

CFLA has advanced a step in introducing couples counseling due to the work of one of the Interns. This is a significantly more complex process than individual counseling and only those counselors feeling comfortable with individual work are being considered for this task.

Ron Jorgenson MEd; RCC
Clinical Supervisor at CFLA

COWICHAN FAMILY LIFE ASSOCIATION

FINANCIAL STATEMENTS

MARCH 31, 2023

INDEX

Compilation Engagement Report

Statement of Financial Position

Statement of Operations and Changes in Fund Balances

Notes to Financial Statements

COMPILATION ENGAGEMENT REPORT

To Management of Cowichan Family Life Association

On the basis of information provided by management, I have compiled the statement of financial position of Cowichan Family Life Association's Operating Fund as at March 31, 2023, the statements of operations and changes in fund balances for the year then ended, and Note 1, which describes the basis of accounting applied in the preparation of the compiled financial information ("financial information").

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting.

I performed this engagement in accordance with Canadian Standard on Related Services (CSRS) 4200, *Compilation Engagements*, which requires me to comply with relevant ethical requirements. My responsibility is to assist management in the preparation of the financial information.

I did not perform an audit engagement or a review engagement, nor was I required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, I do not express an audit opinion or a review conclusion or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes.



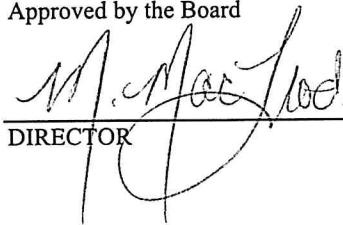
September 22, 2023

104B -3550 Saanich Rd.
Victoria, B.C. V8X 1X2

**COWICHAN FAMILY LIFE ASSOCIATION
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2023**

	2023			2022
	Operating Fund	Gaming Fund	Total	Total
CURRENT ASSETS				
Cash (Note 2)	\$ 6,697	\$ 30,252	\$ 36,949	\$ 66,519
Accounts receivable	75	-	75	75
Due from government agency	862	449	1,311	-
Prepays	733	7,307	8,040	1,821
	<u>8,367</u>	<u>38,008</u>	<u>46,375</u>	<u>68,415</u>
	-	-	-	-
CAPITAL ASSETS (Note 3)	945	-	945	456
	<u>\$ 300</u>	<u>\$ 38,008</u>	<u>\$ 47,320</u>	<u>\$ 68,871</u>
LIABILITIES				
Accounts payable and accrued liabilities	\$ 4,925	-	\$ 4,925	\$ 3,449
Due to government agency	972	-	972	271
	<u>5,897</u>	<u>-</u>	<u>5,897</u>	<u>3,720</u>
FUND BALANCES				
Gaming	-	38,008	38,008	39,896
Operating	3,415	-	3,415	25,255
	<u>3,415</u>	<u>38,008</u>	<u>41,423</u>	<u>65,151</u>
	<u>\$ 9,312</u>	<u>\$ 38,008</u>	<u>\$ 47,320</u>	<u>\$ 68,871</u>

Approved by the Board



DIRECTOR

COWICHAN FAMILY LIFE ASSOCIATION
STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES
AS AT MARCH 31, 2023

	2023			2022
	Operating Fund	Gaming Fund	Total	Total
REVENUES				
Fees for service	\$ 11,885	\$ -	11,885	\$ 14,487
Fundraising	11,349	-	11,349	1,160
General donations	4,290	-	4,290	6,229
Grants	21,567	-	21,567	32,166
In kind donations	38,672	-	38,672	30,510
Interest income and other	-	-	-	13,477
Memberships	110	-	110	150
Rental	300	-	300	713
Tax receipted donations	1,730	-	1,730	32,707
	<u>89,903</u>	<u>-</u>	<u>89,903</u>	<u>131,599</u>
GAMING				
Provincial-gaming	-	44,175	44,175	47,175
Raffles	-	2,181	2,181	260
	<u>-</u>	<u>46,356</u>	<u>46,356</u>	<u>47,435</u>
TOTAL REVENUE	<u>89,903</u>	<u>46,356</u>	<u>136,259</u>	<u>178,774</u>
EXPENSES				
Advertising and donations	393	473	866	1,323
Amortization	333	-	333	157
Contract services	17,301	20,892	38,193	22,266
Insurance, fees and licences	2,383	358	2,741	937
Interest and bank charges	866	-	866	1,000
Fundraising	5,223	-	5,223	777
Office expenses	6,320	491	6,811	5,103
Professional Fees	2,250	-	2,250	2,408
Rent	6,139	6,300	12,439	13,983
Repairs and maintenance	-	-	-	413
Utilities	410	833	1,243	1,444
Volunteer hours donated in kind	35,591	-	35,591	30,510
Wages and benefits	37,527	15,804	53,331	46,387
	<u>114,736</u>	<u>45,151</u>	<u>159,887</u>	<u>126,708</u>
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	<u>(24,833)</u>	<u>(976)</u>	<u>(23,628)</u>	<u>52,066</u>
FUND BALANCES, beginning of year	<u>25,255</u>	<u>39,896</u>	<u>65,151</u>	<u>13,540</u>
INTERFUND TRANSFERS	<u>2,993</u>	<u>(912)</u>	<u>2,081</u>	<u>(455)</u>
FUND BALANCES, ending of year	<u>\$ 3,415</u>	<u>\$ 38,008</u>	<u>\$ 41,423</u>	<u>\$ 65,151</u>

**COWICHAN FAMILY LIFE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED MARCH 31, 2023**

The Cowichan Family Life Association provides affordable counselling for families and individuals in the Cowichan Valley. Our team of skilled, trained, and caring volunteer counsellors use strength-based, solution-focused brief therapy to guide clients to a deeper understanding of their inner resources, and facilitate discovery of strength and resiliency.

The Association became a registered charity effective March 23, 1970 under registration number 106990484 RR0001

Fund Accounting

The Cowichan Family Life Association follows the restricted fund method of accounting for

The Operating Fund accounts for the Association's program delivery and administrative activities.

The Gaming Fund accounts for gaming proceeds which must be administered in accordance with guidelines established by the BC Gaming commission.

Capital Assets

Capital assets are recorded at cost. The annual rate and bases of amortization applied to write off the cost of capital assets over their estimated useful lives, except in the year of acquisition when one half the rate is used, are as follows:

- | | |
|--------------------------|-------------------------|
| Computer | - 30% declining balance |
| Equipment and furnishing | - 20% declining balance |

COWICHAN FAMILY LIFE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED MARCH 31, 2023

Note 1 The basis of accounting applied in the preparation of the financial information is on the historical cost basis, reflecting cash transactions with the addition of:

- capital assets amortized at income tax rates on declining balance method
- prepaid expenses
- accounts payable and accrued liabilities
- accounts receivable
- donations in kind

Note 2 Cash

	<u>2023</u>	<u>2022</u>
Gaming	\$ 30,252	\$ 39,896
Operating	6,697	26,623
	<u>\$ 36,949</u>	<u>\$ 66,519</u>

Note 3 Capital assets

	<u>Cost</u>	<u>Accumulated Amortization</u>	<u>Net</u>	
			<u>2023</u>	<u>2022</u>
Computer equipment	\$ 9,435	\$ 8,819	\$ 616	\$ 45
Equipment	10,434	10,142	292	365
Furniture and fixtures	6,909	6,872	37	46
	<u>\$ 26,778</u>	<u>\$ 25,833</u>	<u>\$ 945</u>	<u>\$ 456</u>

Cowichan Family Life - *Making An Impact*

Fiscal Year April 2022 to March 2023

Community Contribution of our Volunteer Counselling Program



CLIENT
APPOINTMENTS

THIS FISCAL **401**

LAST FISCAL 367



VOLUNTEER VALUE
RETURNED TO THE
COMMUNITY

THIS FISCAL
\$17,612



VOLUNTEER HOURS

THIS FISCAL **1544**

LAST FISCAL 1225



WORKSHOPS

THIS FISCAL
42

PARTICIPANTS

LAST FISCAL
19

HEALING ANGER, COMMUNICATING WITH CONFIDENCE,
FINDING FINANCIAL FREEDOM, SENIOR PEER SUPPORT TRAINING



INQUIRIES

THIS FISCAL
103
54%
42%

INTAKE APPOINTMENTS
CLIENTS FROM REFERRALS
OF CLIENTS ARE FEE SUBSIDIZED (pay > \$30)

LAST FISCAL
65



**HELPING
HANDS**

THIS FISCAL
\$8,130
\$30,510
\$65,742

DONATIONS
IN KIND CONTRIBUTIONS
GRANTS

Cowichan Family Life Association

April 1, 2022 to March 31, 2023

CFLA wishes to thank all who contributed to our organization during this fiscal year. Every dollar makes a difference, whether its monthly or one time, large or small, it all supports mental health wellness by supporting our programs and services in the community. To all our donors (too many to name!) and funders: THANK YOU !!



Funded by the
Government of Canada's
New Horizons for Seniors Program



COWICHAN FAMILY LIFE ASSOCIATION
SLATE OF BOARD OF DIRECTORS
Annual General Meeting November 23, 2023

CHRISTINE SMITH (returning)

Christine is a program manager at Cowichan Brain Injury and sat as CFLA's treasurer for the last term. She brings a wealth of knowledge around grants and program development and loads of other agency connections within Cowichan.

LIA VERSAEVEL (returning)

Lia is currently working with CWAWS' as a Child and Youth Advocate. She has been 5 years on the Chemainus Resident's Association, and 20 years with the Lions Club International. She has been an advocate for programs and services for individuals in need, has liaised with RCMP, MCFD, has sat on several Boards, and participated in building relationships with other community stakeholders. She has successfully applied for grants and funding, and in her 'spare time' is a self-employed private practitioner in meditation and counselling.

DEANNA WRATE (returning)

Deanna is a Human Resource professional and Personal Coach. Passionate about people, peace, and justice, she got involved in restorative justice over 6 years ago. It was a place to utilize all her skills. She has training in disability management, worked within diverse organizations both union and non-union environments, and more specifically conflict resolution and mediation. Since becoming involved with Restorative Justice programs, Deanna has continued to learn and grow her skills in mediation and facilitation, particularly with difficult conversations.

ELIZABETH TRAER (welcome)

Elizabeth is the owner/operator of Copycat Printing & Design Ltd. since 2004. Elizabeth is a forward thinker and veteran volunteer and has extensive board experience with Community Policing Advisory Council Society, Cowichan Valley Association for Community Living, Canadian Red Cross Society, and the Cowichan United Way in fundraising and resource development. She is excited to bring her experience in coordination and administration, in addition to promotion and design work.