



HF
Healthy Families
Healthy Futures

RESILIENT INDIVIDUALS
RESOURCEFUL FAMILIES
RESPONSIVE COMMUNITIES

| 2019/20 ANNUAL REPORT

TABLE OF CONTENTS

| | |
|--|----|
| Our Team | 1 |
| Message from the Executive Director | 2 |
| Message from the Board Chair | 3 |
| Messages from the Past 20 Years | 4 |
| Home Visitation | 6 |
| FASD Mentorship Program - Athabasca, Lac Ste. Anne County, Westlock & Whitecourt | 8 |
| Parent-Child Assistance Program (PCAP) - Athabasca & Whitecourt | 11 |
| Parent Link Centre | 12 |
| Pembina Gateway Parent Link Network | 14 |
| Thrive | 16 |
| Community Action for Healthy Relationships | 18 |
| Financial Summary | 20 |
| Funders & Donors | 21 |



Our Vision

Resilient Individuals | Resourceful Families | Responsive Communities

Our Mission

We work with individuals, families and communities we build trusting, caring relationships to empower positive change.

OUR TEAM



2019 - 20 Board Members

| | |
|-------------------|-----------------|
| Chair | Darin Flemmer |
| Vice Chair | Sandy Worobec |
| Treasurer | Linda West |
| Directors | Alice Arthur |
| | Jackie Da Cunha |
| | Lori Heywood |
| | Sharon Mailloux |
| | Rhonda Nelson |
| | Tracy Proulx |
| | Zara Pye |

2019 - 20 Management Team

| | |
|-----------------|---------------------------------|
| Brandy Berry | Executive Director |
| Pam Pearce | Home Visitation Program Manager |
| Erin Chapotelle | Parent Link Program Manager |
| Anita Fagnan | PGPLN Network Manager |
| Jailin Bertolin | FASD & PCAP Program Manager |
| Tammy Pirnak | Office & Finance Manager |

2019 - 20 Staff

| | |
|----------------------|--------------------------|
| Angel Blaszczyk | Home Visitor |
| Velvet Buhler | Home Visitor |
| Ashley Cloutier | Home Visitor |
| Darcy Dafoe | FASD Mentor |
| Deonne Dranchuk | Home Visitor |
| Irene Fitzsimmons | Thrive Mentor |
| Jen Frizell | FASD Mentor |
| Mandy Hancock-Teynor | PCAP Mentor |
| Ilona Hoglander | Administrative Assistant |
| Debbie Juhasz | Parent Link Programmer |
| Erin Kuric | Home Visitor |
| Darcy LaBonte | Thrive Mentor |
| Mary McNaughton | PCAP Mentor |
| Michelle Okoren | Home Visitor |
| Kelly Rogers | Home Visitor |
| Tiffany Scarnati | Parent Link Programmer |
| Carrie Somerville | Thrive Mentor |
| Judy Van Hecke | Home Visitor |
| Pam Yeomans | Thrive Mentor |

MESSAGE FROM THE EXECUTIVE DIRECTOR

For 20 years, Healthy Families Healthy Futures has worked hard with our funders, community partners, board, and staff to provide quality services to our rural communities. We have looked for new and innovative ways to listen and respond to the needs of our unique communities and value the many relationships and partnerships we have cultivated on our journey so far.



Reflecting on this past year, I realize it has been packed with successes, challenges, change, grief, and new possibilities.

We are excited announce an increased partnership with the Northwest Central FASD Network expanding our services to include Westlock and to facilitate the FASD Coalition in Whitecourt.

In November, we learned that our Children's Services contracts were not being renewed. April 1, 2020, we were forced to say goodbye to partnerships, staff, and programs that have been an integral part of our organization for many years. The process of applying for future funding, under the Wellbeing and Resiliency Framework, afforded us the opportunity to evaluate our programs, pull together as a team, and embark on a journey of new and unknown possibilities. As we faced months of uncertainty and imbalance, staff were understanding and pitched in in ways I did not expect. Board members provided valued guidance and

support and our clients and communities rallied. I was reminded how strong and resilient we all are, and how lucky I am to be surrounded by such dedicated and wonderful people.

In March, when faced with the COVID-19 pandemic, we adapted our practice and found creative ways to engage and to provide service and support to our communities. We will continue to work in whatever capacity we can to ensure safety and continued service.

As an agency, Healthy Families Healthy Futures will continue to move forward, embrace change, and acknowledge how difficult change can be. We will look for ways to continue to learn and grow, while making a commitment to provide quality services to our rural communities.

Thank you to everyone who has trusted us to be part of their lives in some way over the past 20 years. We would not be here without you.

I look forward to what this next year brings and feel confident that as an agency we will be able to meet challenges head on and look forward to sharing our successes in upcoming years.

Brandy Berry
Executive Director



"We will look for ways to continue to learn and grow, while making a commitment to provide quality services to our rural communities."

MESSAGE FROM THE BOARD CHAIR

On this, our 20th Anniversary, I want to acknowledge our leadership role in our communities, the region, and the province. We have become leaders because we know what works and have maintained our focus on our vision of Resilient Individuals, Resourceful Families and Responsive Communities.



The past year has gone by quickly with so many changes facing our organization. As I am writing this message, we are awaiting confirmation on new contracts for 2020-2021. Although many of the changes were unexpected, and will lead to some inevitable setbacks, I am hopeful that our organization will continue to move forward and become stronger.

I have always been an advocate for prevention and early intervention programs, and with changes to contracted services, I believe I need to increase my advocacy. I invite others to join the discussion, reflect on the research and lived experiences, which ultimately proves that appropriately funded prevention and early intervention services are effective, and an essential part of social support networks.

As we look forward to another year, I suggest that we do so with confidence and optimism. Having an informed and positive outlook will influence positive

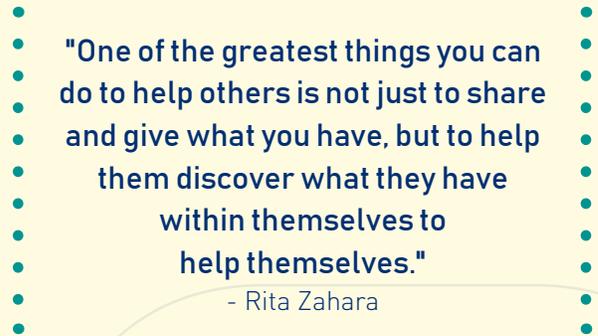
change and provide direction within our partnerships and our communities. Moving forward, we will continue to be open to new opportunities and work with our partners and empower positive change for all the people we serve.

Darin Flemmer
Board Chair



"One of the greatest things you can do to help others is not just to share and give what you have, but to help them discover what they have within themselves to help themselves."

- Rita Zahara





MESSAGES FROM THE PAST 20 YEARS

Alice

In 2001, I had recently relocated to Westlock, when I was hired by Healthy Families Healthy Futures as a Home Visitor. It was my dream job and it continued to be for the many years that I worked there. The agency provided me with unparalleled opportunities for finding balance between learning new ideas and skills, supporting families and personal growth.

A few of the things that I learned while working at HFHF:

- **Everyone is equal**
- **Ideas and opinions, though different, are all valuable**
- **Laughter is important, April Fools Day became one of my favorite days**
- **Learning is as important as teaching**
- **Paperwork, though not my favorite, didn't hurt a bit**
- **Clients taught me more than I could ever teach them**
- **Parents love their children and they do their best with what they know**
- **Hugs from the children warm my heart**
- **"It is easier to ask for forgiveness than ask for permission" was one of my favorite statements**

My colleagues became my friends. I will always cherish the memories of our three holidays together. Not only did we work together, but we had fun together.

After 15.5, wonderful years, I made the very difficult decision to retire.

I still miss the camaraderie, the heartfelt discussions, the being part of a caring "family".

Thank you to my mentors and to Healthy Families Healthy Futures for the opportunities you gave and for all the life lessons. ~ Alice Reszel

Pam

In March 2001, 12 staff were hired as Home Visitors for Healthy Families Healthy Futures. Nineteen years later, being the only "original" staff member left, I am still working for HFHF. I was a Home Visitor for 16 years and for the last 3 years I have been the Home Visitation Program Manager. I have seen and experienced many changes throughout the years at HFHF. We have some families now whose parents were served by our program many years ago! The circle of life can be amazing as it takes time to achieve positive change. Throughout the decades, when positive change is role modeled and takes root, healthy outcomes happen.

Throughout the years, I have been blessed with many coworkers. Some I am still connected with, as lifelong friendships had developed. Work trips also happened over the years and I was fortunate to be able to go to Hawaii with some co-workers, where we visited the Healthy Families America Program (where it originated), and also spent a day with a Home Visitor and job shadowed with her. We went to Mexico another time and had a great team-building trip. These trips were done on our own time and dollar and the memories that developed will be with me forever.

I have seen many families come and go but the one thing that has never changed, is that each person being served by the Home Visitation program has always wanted to be the best parent they could be and wanted the best for their child(ren). Whatever trauma the caregiver had gone through, the caregiver became wiser so that the same thing would not happen to their child. Healthy Families has proven over the years that with a consistent, positive, strength-based approach and working on developing trusting, caring relationships, we can support parents and their families to grow and prosper. "Healthy Families = Healthy Futures". ~ Pam Pearce

Sandy

Over 20 years ago, I attended a seemingly routine community meeting in Westlock that was to identify service needs in Westlock, Athabasca, Barrhead and Whitecourt. I did not know then, that I was going to join the Healthy Families Healthy Futures journey. That first meeting was memorable as Dr. Bruce Perry spoke about the brain development of children in their early years. While I was not part of the steering committee that developed Healthy Families, it was only a year later that I joined the Board.

It is difficult to sum up 20 years in only a few words. If my math is right, I have attended about 80 Board meetings and 19 AGMS!! I have lost count of how many committee meetings I attended. I remember when we were small with only a few home visitors and Co-Directors. I remember vividly the Board meeting where I raised questions about the proposal to grow the organization. I enjoyed hearing stories about those who benefitted from the programs (after all, that is why we do this work). There were discussions about political change and potential impacts. There were reviews of budget statements and the many challenges of finding adequate funding. But we have always had strong Executive Directors and caring committed staff. The heart of HFHF has been in these people and in the leadership of the Board. While names and faces changed over the years (mine just got older!) that heart has remained. I have watched this organization grow from community grassroots to providing quality service to many who need it. It has been an honour to be part of the HFHF journey. ~ Sandy Worobec

Linda

Twenty years is something to celebrate! I'm not sure that HFHF would have accomplished this milestone without the leadership, vision and support of our Board Chairs. The three who have served for almost the whole twenty years are Alan Taylor, Shirley Morie and Darin Flemmer. I served under all three, until my retirement as Executive Director, and they all exemplify the philosophy of the organization by developing strength-based relationships with both the Board members and myself.

I would like to thank them for bringing their passion, intellect, insight, experience and resources to the table. They challenged me and our fellow Board members to move our organization forward.

I would like to thank them for teaching me, for counseling me, and for holding me accountable. They let me learn from my mistakes and created a safe space for me to improve. They gave me the tools to serve our clients, lead our organization and impact change in our community.

This volunteer position was an add-on to the many other activities in their lives, including career, family, other volunteer opportunities and their social life. I appreciate that they were willing to serve and I valued their time and input. They impacted my life in ways I cannot express; I will always be grateful for their leadership and guidance. Thank you Alan, Shirley and Darin. ~ Linda West





HOME VISITATION

Home Visitation services have been provided throughout our region for the past 20 years assisting over 1800 families! New parents have looked to us for guidance as they navigate pregnancy and having a newborn at home. Those who have received our free services have benefited from having someone on their side – a cheerleader encouraging them and celebrating victories and milestones.

Goals of the Home Visitation are to:

- promote positive parent-child relationships
- grow parenting knowledge and skills
- foster healthy pregnancies and child development

- help families identify and access formal and informal support and service networks available
- assist in the identification and pursuit of family goals.

OUR FAMILIES REPORT, AS A RESULT OF THE HOME VISITATION PROGRAM:

- they have increased knowledge on parenting and child development and have learned positive ways to teach their child
- Healthy Families has supported them to work on the goals that the families have chosen and connected them to services that were helpful for them and their families

Our families are saying...

“I learned about my child’s development and I feel more confident as a parent.”

“My worker has showed me that I am doing an amazing job when I am doubting myself.”

“It’s a great feeling when someone is there for you to listen you and solve problems.”

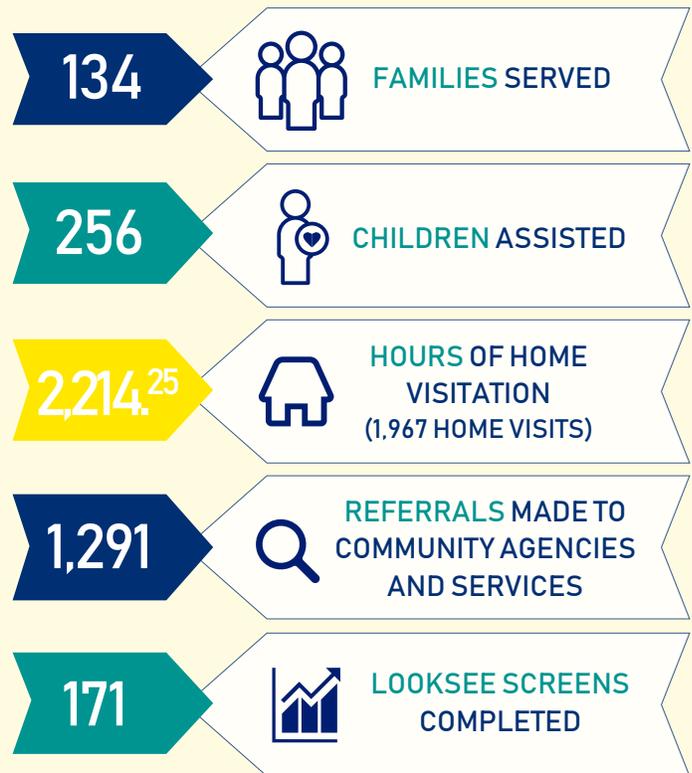
“My husband helps more and wants to be involved more.”



HOME VISITATION STORY

Children's Services referred a mother and her children to the HFHF Home Visitation Program. During the home visits, the mother disclosed that her partner was abusing her, and he was addicted to meth, which increased the violent episodes. Using the Family Violence Protocol Screen, the Home Visitor and mother developed a safety plan for her and her children. When the next violent incident occurred, the Home Visitor supported the mother and children by helping her access income supports and provided a referral to Children Services for assistance. The Home Visitor assisted this parent to access Victim Services to obtain an Emergency Protection Order (EPO) to ensure her children's safety.

Currently, this mother and children live in their own residence and are actively involved with formal, ongoing supports. The Home Visitor continues to help this parent realize her goal to build a healthy environment for herself and children while learning to understand the effects of domestic violence. Mother stated, "I would never have come this far without my Home Visitor's support and knowledge of what was available for me and my family". The Home Visitor continues to support Mother and her children on their journey.



•
•
•
•
•
•
•
•
•
•

"Being a Mother is learning about the strengths you didn't know you had, and dealing with the fears you didn't know existed."

- Linda Wooten

•
•
•
•
•
•
•
•
•
•

FASD MENTORSHIP PROGRAM - ATHABASCA, LAC STE. ANNE COUNTY, WESTLOCK & WHITECOURT

FASD Mentors support individuals who have Fetal Alcohol Spectrum Disorder (FASD) by developing a relationship, providing advocacy, and helping with goal setting. Mentors assist individuals to develop life skills and make healthy decisions.

FASD Mentors have found each individual they support is unique and has areas of both strengths and challenges – although they are sometimes faced with complex difficulties, they show great resilience. Healthy Families Healthy Futures has played a role in the lives of 170 individuals with FASD since the onset of programming in 2008. Our goal is to assist our clients to build and maintain healthy lifestyles including developing life and social skills while strengthening community involvement and support.

HFHF is pleased to announce additional funding from the Northwest Central FASD Network to extend part-time supports to Westlock and increase supports in Lac Ste. Anne County.



Our client's are saying...

"..support and advice; also connection to other helpful resources."

"...has kept me accountable and focused to achieve my goals and make a better future."

"My worker is amazing and has helped me through so many of my problems, and was there when I needed her most!."







PARENT-CHILD ASSISTANCE PROGRAM (PCAP) ATHABASCA & WHITECOURT

Healthy Families Healthy Futures has been supporting women to reduce or stop alcohol and/or drug use during pregnancy since 2009; focusing on encouraging healthy pregnancies and lives for women and their children. We have played a role in the lives of over 98 families resulting in improved client social and emotional wellbeing, clients' increased positive community experiences and independence, reduced stigmatization and isolation, and reduced stress levels.

PCAP Mentors utilize prevention conversation to increase awareness of FASD and encourage healthy pregnancies and babies. As communities become increasingly informed, with a growing awareness about the work of PCAP, an increased community-level awareness of FASD and reduced stigmatization of client's results

THE EVIDENCE IS IN

Twenty years of evaluation research has shown us that PCAP programs are successful in a lot of ways.

- Early engagement of pregnant women who use substances has been shown to affect a range of outcomes related to maternal, fetal, and child outcomes, including

Our client's are saying...

"The program and workers have helped me with what I have needed and helped me realize that I have lots of people I can go to and have the help when I need."

"I have received a lot more support in getting and giving my daughters what they need."

"I have been sober for 20 months. I'm living my best life."

improved infant birth weight. (Low birth weight has been linked to various health problems such as learning disabilities, slower growth rates, respiratory difficulties, and delayed development).

- Women who participate in these programs are more likely to keep custody of their child and have higher rates of accessing and completing addictions treatment.
- Children who are involved with their mothers in a comprehensive program of support have been shown to have enhanced developmental outcomes

(Canada FASD Research Network's Action Team on Prevention from a Women's Health Determinants Perspective www.canfasd.ca)



"Success is not always based on abstinence. Harm-reduction approaches offer practical, non-judgmental services that seek to minimize drug related harm to both the individual and society." - HerWay Home Profile by Lenora Marcellus and Betty Poag

WESTLOCK PARENT LINK CENTRE

Supporting the families of Westlock and surrounding communities is the foundation of the Parent Link Centre. The grand opening of the Westlock Parent Centre was May 9, 2007 and we have continued to grow and flourish thanks to the many families we are privileged to support. The fantastic people we serve, and the amazing volunteers providing some much needed man-power, have allowed us to become a safe, consistent resource for parents. Creating connections has been a priority for Parent Link – with families and between families – in our close-knit community. It encourages relationships within households, and with other service providers, to build confidence in caregiver skills and the confidence to reach out when in need of support.

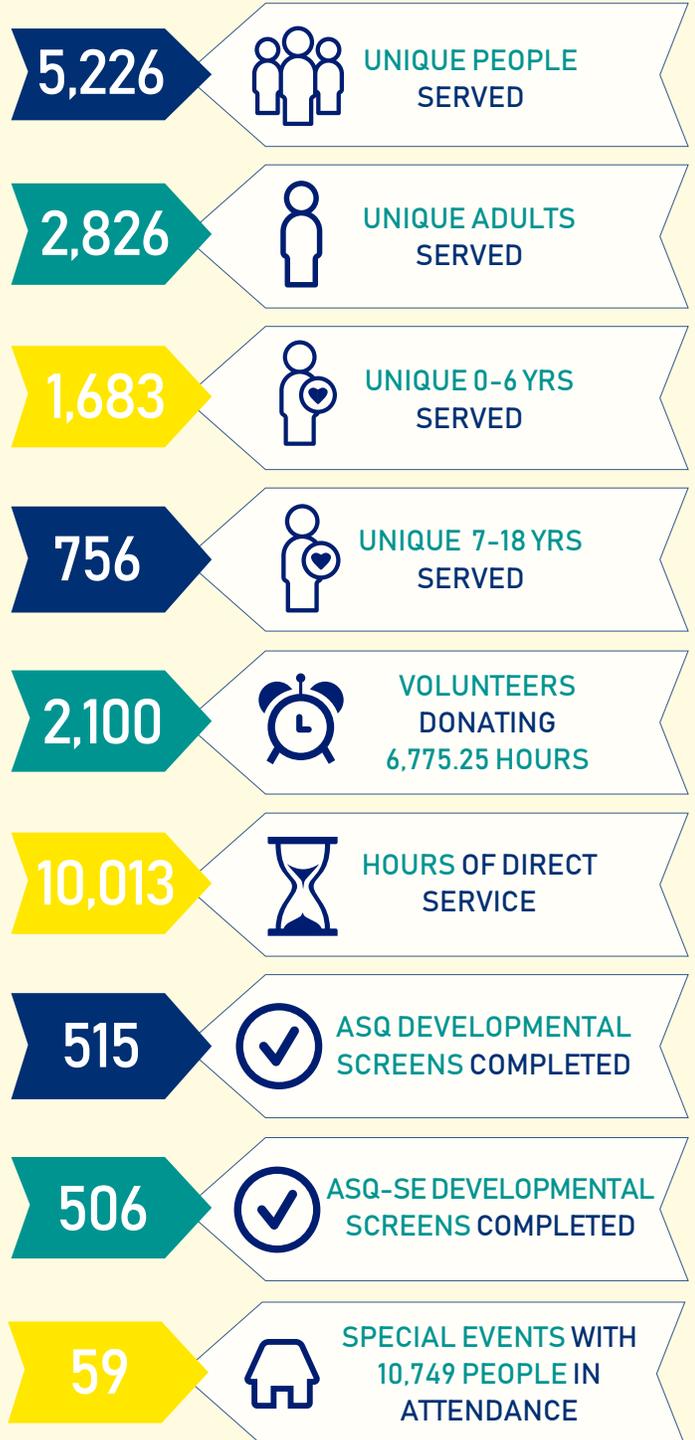
Effective March 31, 2020, the funding supporting Parent Link Centres across Alberta changed thereby closing the centres. Although we will miss our Parent Link Centre, we can look forward to Westlock Family Connections, in Westlock and Westlock County, delivering caregiver education and programs focusing on child development, asset building, parenting, and strengthening family bonds.

Over the years Westlock Parent Link Centre organized and facilitated many workshops, programs, and community events:

- Seeds to Sunshine Child Development Workshop (2001 – 2015)
- Movie in the Park (2008 – 2018)
- Ages & Stages Developmental Fairs (2009 - 2020)
- Shop & Swap (2014 – 2019)
- Parent Education Opportunities
- Playgroups



IN THE LAST 10 YEARS...







PEMBINA GATEWAY PARENT LINK NETWORK

Healthy Families Healthy Futures became the lead agent for the Pembina Gateway Parent Link Network (PGPLN) on April 1, 2013, providing fiscal management, as well as supervision of the Program Lead. The Network consisted of seven sites in the North Central Zone – Barrhead, Lac Ste. Anne County, Mayerthorpe, Swan Hills, Thorhild, Westlock, and Whitecourt. Smoky Lake joined the Network in 2015.

PGPLN was developed to provide effective supports, training, and resources to PLC staff who work with families. Data was collected and outcomes were reported at both regional and provincial levels.

The Pembina Gateway Parent Link Network is proud to have served the communities in our region for past 13 years. These Parent Link Centres have become cornerstones in each of their respective locations, providing opportunities for early childhood development programs and parent education to support healthy growth for

families. The community relationships are strong and the connections are deep, strengthening the overall capacity for resilience.

Due to a shift in government funding, the Pembina Gateway Parent Link Network was dissolved effective March 31, 2020. Even with this loss in our communities, we look to optimize our strategies to serve the families in our region.

Healthy Families Healthy Futures would like to thank our formal PGPLN partners – Family and Community Support Services in Barrhead, Lac Ste. Anne County, Mayerthorpe, Smoky Lake, Swan Hills, Thorhild, and Whitecourt. In addition, we've been humbled by the opportunity to work with the Network Lead, Anita Fagnan, who's leadership, passion, and extensive knowledge are rooted in the belief that we can make a difference. Her ability to bring people together, and to share the Network's vision, had a positive impact on our rural communities and families.



•
• **“We were created for meaningful work, and one of life's greatest pleasures**
• **is the satisfaction of a job well done.”**
•

- John C. Maxwell

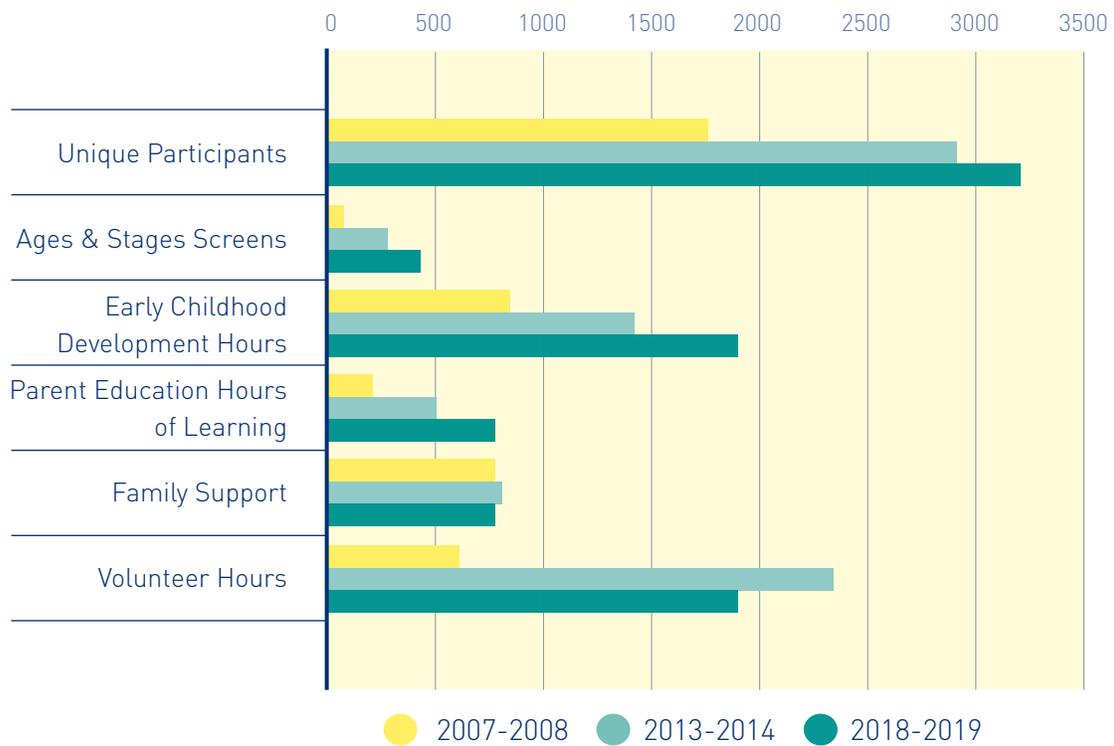




The PGPLN Team



Over the Years



THRIVE PROGRAM

Healthy Families Healthy Futures secured funding in 2009 to provide outreach services to individuals experiencing relationship abuse in Athabasca and the surrounding area. The Thrive program initiated services to cope with trauma, restore self-esteem, and take steps towards increased safety and well-being for our clients.

Services expanded to Westlock in 2016 allowing us to build the capacity of another community through outreach, educational opportunities, and awareness campaigns.

Thrive Outreach mentors support individuals impacted by abusive relationships by meeting one-on-one to evaluate personal safety, create safety plans, provide emotional, court, and referral support, and work with clients to identify and attain individualized goals for themselves and their families. They also work in the community to increase awareness and decrease the stigma associated with family violence, relationship and elder abuse. They actively work within school and youth serving organizations to promote healthy relationships.



WALK A MILE IN HER SHOES®

Once again, the community of Athabasca supported the fundraising efforts of The Prevention of Relationship Abuse Action Committee's (PRAAC) annual Walk a Mile in Her Shoes® event. \$24,000 was raised directly impacting the continuation of Thrive services in the community. Thank you Athabasca!

Visit www.athabascapraac.ca



This brave person used the THRIVE program this past year.

Mother
with one child

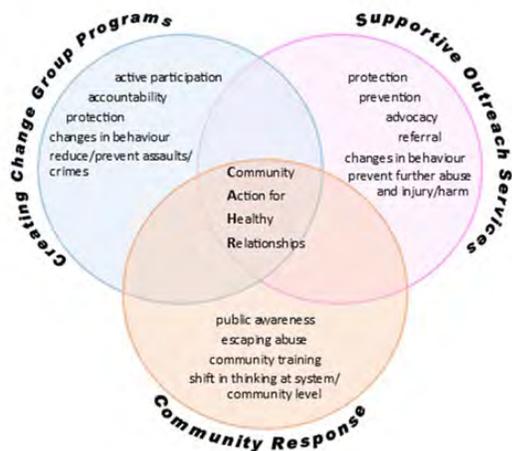


Social Return On Investment (SROI) Community Action for Healthy Relationships (CAHR) Network

Valuing Change: Social Return on Investment

Social Return on Investment (SROI) analysis was used to capture the social value of the outcomes produced by the investment in the CAHR network. Through SROI analysis, the outcomes of the program were carefully mapped to the program data collected as part of the program evaluation enabling a clear understanding of the links between the activities of the program and the *change* resulting from these activities. Using a conservative approach, the administrative data, in combination with the program evaluation results, helped to formulate the social value created by the CAHR network within the three communities of Athabasca, Barrhead and Westlock.

CAHR Logic Model



"Creating Change for Healthy Relationships did just that...for me and my relationships."

- Creating Change Program Participant

Social Value Created by CAHR Network

Evaluation results indicated that the needs of families living in these three rural communities are being met and in addition, there is a significant amount of social value afforded to the communities involved as well as to the broader region. **The social value of the CAHR network is \$12 for \$1 invested.** This SROI case study demonstrates that CAHR programs don't actually cost because they pay back more than the investment.

Moving Forward

Sustainable funding is imperative. Without funding, CAHR programs will not be available and individuals and families will no longer have access to relevant and much needed services. The results of the SROI clearly indicate the positive influence our programs have in the lives of those impacted by relationship abuse. Knowing that each **\$1 has a social value of \$12** this meaningful work is relevant and a good investment in the individuals, families, and communities we serve. Our hope is to continue to break down barriers, increase individual, family, and community safety, and provide opportunities to generate awareness and prevention in our rural communities.

Contact Details:

Brandy Berry, Executive Director ● brandy.berry@hfalberta.com
Healthy Families Healthy Futures ● (780) 307-2444

CAHR's vision is "to have our rural communities free of relationship abuse".

The CAHR Network would not be possible without the commitment and support from the CAHR Leadership Team which includes representatives from Barrhead and Westlock Family and Community Support Services; Alberta Health Services - Addictions Services Athabasca; Child and Family Services; Prevention of Relationship Abuse Action Committee; Alberta Justice and Solicitor General - Probation Services; and Healthy Families Healthy Futures. The CAHR Network also works with Catalyst Research and Development Inc. for gender based analysis expertise and evaluation support. Thanks to all!



FINANCIAL SUMMARY (APRIL 1, 2019 - MARCH 31, 2020)

| INCOME | 2019-2020 | 2018-2019 |
|--------------------------------------|--------------------|--------------------|
| Alberta Human Services | \$1,386,374 | \$1,327,974 |
| NWC FASD Network | \$263,922 | \$231,041 |
| Public Health Agency of Canada | \$94,722 | \$94,722 |
| Alberta Health Services | \$35,391 | \$35,391 |
| Donations & Fundraising | \$26,591 | \$44,246 |
| Interest, Memberships & Other Grants | \$38,806 | \$18,707 |
| Subtotal | \$1,845,806 | \$2,000,993 |

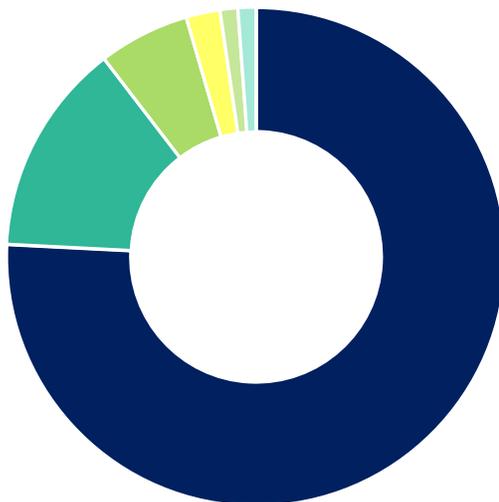
EXPENDITURES

| | | |
|-------------------|--------------------|--------------------|
| Staffing | \$1,007,588 | \$1,049,082 |
| Client Services | \$135,641 | \$252,572 |
| Administration | \$37,884 | \$43,284 |
| Facility Costs | \$42,859 | \$42,926 |
| Fundraising Costs | \$3,144 | \$5,661 |
| Subcontracts | \$574,079 | \$573,756 |
| Subtotal | \$1,801,195 | \$1,967,281 |
| Surplus | \$44,611 | \$33,712 |

A copy of the audited financial report is available on our website at www.hfalberta.com

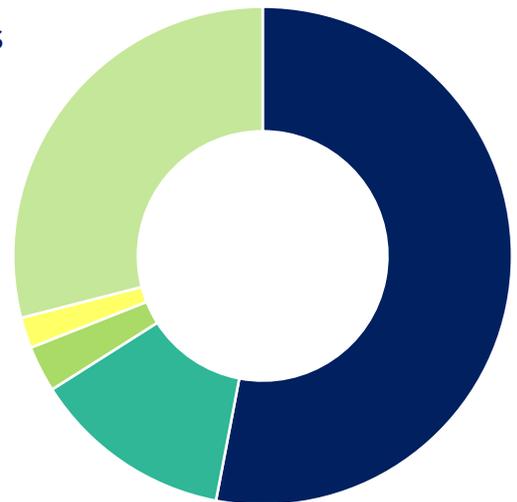
INCOME

- ▶ Alberta Human Services (66%)
- ▶ NWC FASD Network (12%)
- ▶ Public Health Agency of Canada (5%)
- ▶ Alberta Health Services (2%)
- ▶ Fundraising (2%)
- ▶ Other (<1%)



EXPENDITURES

- ▶ Staffing (53%)
- ▶ Client Services (13%)
- ▶ Administration (3%)
- ▶ Facility (2%)
- ▶ Subcontracts (29%)





FUNDERS & DONORS

We are very grateful for all our donors: each individual, business, foundation, and government agency that supports us in whatever way possible. Our sincere gratitude is extended to the following donors for their generosity and commitment in helping to build Healthy Families Healthy Futures' capacity to serve the rural communities we work in. Your donations and support further the effectiveness of our various programs and allow us to continue investing in the future of the people we serve. Thank you for sharing our vision of a connected community.

Our appreciation also goes to all the fantastic volunteers that help us each year by taking the time and energy to ensure programs and events run smoothly. We couldn't do it without you!

Funders

Alberta Human Services
Alberta Health Services, Mental Health & Addiction
Athabasca Prevention of Relationship Abuse Action Committee (PRAAC)
Government of Alberta
Northwest Central FASD Network
Pembina Pipeline Corporation
Public Health Agency of Canada

In-Kind Partners

Associate Medical Clinic
Blankets for Babes Program
Get Rhythm Karaoke & DJ Service
Giant Tiger, Westlock
Lane, Shirley



-
-
-
-
-
-
-
-
-
-

"When we give cheerfully and accept gratefully, everyone is blessed." ~ Maya Angelou

Mead Johnson Nutrition
Pembina Medical Clinic
Pembina Valley Church of God
Quilting From the Heart
Rural Kids Matter
St. Mary School
Water Pure & Simple
Westlock & District FCSS
Westlock Home Hardware
Westlock Municipal Library

Community Supporters

\$1,000-\$3,000

Foundation for Foster Adopt Children Today
Servus Credit Union, Westlock
Westlock & District FCSS
Westlock County
Westlock Elks

\$500-\$999

Atco Electric, Ruth Laseur
Zelman, Shirley

\$100-\$499

OES 128
Town of Westlock

DONATE NOW: <https://www.canadahelps.org/en/dn/24088>

because of you!!!



Main Office

Please note our address has changed:

#204, 10619 100 Ave., Westlock, AB T7P 2J4

Phone 780-307-2444 | Fax 780-307-2447 | Toll-Free 866-859-8109

Email: main.office@hfalberta.com | hfalberta.com



Registered Canadian Society #86493 6125 RR0001