



# ANNUAL REPORT



2022-2023





# A message from Board Chair Jane Arnold

SHORE Centre is 51 years old! It is with much delight and relief I share these words! It is no secret the current political climate in the US after the fall of Roe last year as well as around the world focused on eliminating reproductive choice including access to abortion care is why it is so vitally important for SHORE Centre to continue to be Waterloo Region's trusted source to provide inclusive and equitable reproductive health care and accurate and inclusive sexual health education for folks in our community, throughout Ontario and across Canada. And it is equally important for all of us to recognize that while Canadian laws are different, barriers to accessing abortion care remains an enormous issue in Canada, particularly in rural areas where it is limited or nonexistent. We need to change the narrative about abortion – abortion is a healthcare procedure and a critical part of bodily autonomy. It can be an easy choice as well as a difficult choice. Abortion stigma creates shame, judgement, and violence. This needs to stop. Period.

The board of directors and staff are committed to ensuring SHORE Centre achieves its vision of a community that values sexual health and reproductive freedom as essential for people to live their best lives. Folks who reach out to SHORE Centre are so fortunate to be supported by an incredible staff team led by our Executive Director, TK Pritchard. As we continue to navigate the ever-changing healthcare and education systems, we are incredibly fortunate to have TK's knowledge, know-how and leadership. The continuing impact of the pandemic has changed the way SHORE Centre provides some of its healthcare services and education programming but what remains consistent is the dedication, compassion, and expertise each staff member brings to their work to ensure the highest quality care is provided. The staff team is the heart of this continually growing, dynamic organization and we are so fortunate they are the face of SHORE Centre in the community and beyond.

As you read this Annual Report outlining SHORE Centre's impact this past year, you will see demand for programming, services, and health care support continues to grow at an incredible pace. On behalf of the board, I want to thank you, our donors, funders, and supporters, for your continuing support of the work we do and our important role in the community. As a charity, we rely heavily on donations to provide much of our work including our public-school education programming, free counselling as well as building organizational capacity to do all we can to support our community. Please know every donation or grant, small or large, is greatly appreciated.

We look forward to the next 50 years for SHORE Centre with much anticipation as we continue to collaborate and build partnerships with other community, advocacy, and feminist organizations locally, provincially, and nationally because we know we are stronger together in advocating for gender equity, reproductive justice and bodily autonomy for women, trans and non-binary people. Please continue to stand with SHORE Centre by using your voice to amplify our work for full abortion access, universal birth control, and accurate and inclusive sexual health education for all.

Yours in choice, *Jane Arnold*



# A message from Executive Director TK Pritchard

Another year has passed, and here at SHORE Centre we have continued to grow to meet the increasingly complex demand, adapted to address emerging community needs, and innovated to ensure we are providing the best possible education, counselling, clinical services and care. As we have grappled with not only the fall of Roe V Wade, but also the ongoing attacks on reproductive rights globally and right here in Canada, the team's dedication and passion has remained steadfast. This kind of work is emotional, personal, and values driven - meaning it's deeply impactful for our staff, board, volunteers and community. It is a privilege for me to witness the ongoing care the team brings to their work each and every day to ensure that our community has inclusive access to services and resources as well as their commitment to advocate for reproductive rights beyond our region. I am often asked how I stay engaged in this work and while there are many answers to that question, one of the most enduring reasons is the gift of learning from and being endlessly inspired by our team and the surrounding community.

This year brought both change and stabilization to the organization. After the unfortunate closure of Our Place, we were very grateful to offer a home for the Stork Secrets program which provides vital supports to expectant and postpartum parents who are adjusting to new parenthood and/or experiencing perinatal mood disorders. Stork Secrets is one of the only no-cost supports offering perinatal specific care in our region and we are thankful for the work of Our Place and their trust in us to continue their legacy and life-saving work. The parenting programming team also developed a new prenatal education series for 2SLGBTQ+ families, Pride and Joy, which offers gender affirming and inclusive education around pregnancy, childbirth and postpartum care. Pride and Joy was developed after ongoing community feedback about a lack of resources which truly centre queer and trans experiences and we are thrilled to work to address this need.

Our education team has been working hard to overhaul all of our education resources to ensure they are up to date and responsive to the intersectional identities of the young people in our community, providing relevant, engaging, and inclusive workshops. This year the team also debuted our sexual health educator training program, a multi-week intensive course which shares our knowledge and approach to expand the capacity of sexual health educators across the province. As we continue to face an increasingly complex and hostile environment around sexual health education, and particularly surrounding conversations related to queer and trans inclusion, the work of our education team has become more important than ever. I would implore those who value this work to consider donating to our education programs as they are largely funded by donations and community support.

Finally, thanks to funding from the Community Services Recovery Fund, we have begun to explore filling a significant gap for our local trans and non-binary community: medical care and support. While this project has many moving pieces and will take time to implement, I have endless gratitude for the team's recognition of this need and efforts to ensure that trans and non-binary people have all the support we need right here in our own community.

This year has brought these projects and so many more. It's impossible to capture in a single letter the work of the organization and incredible team. Thank you to the staff, board, volunteers, donors and entire community for your essential work to prioritize gender equity and bodily autonomy. Thank you for the unbelievable privilege of being able to walk alongside you as we fight for a community, for a province, and for a world which upholds reproductive rights, queer and trans inclusion, disability justice, racial equity and more.

Yours in choice, *TK Pritchard*



# VISION, MISSION & VALUES

## OUR VISION

SHORE Centre imagines a community that values sexual health and reproductive freedom as essential for people to live their best lives.

## OUR MISSION

SHORE Centre offers exceptional and inclusive sexual and reproductive health services in our community that uphold the dignity of everyone.

## OUR VALUES

Accessible, Inclusive, Accurate, and Courageous.

# STRATEGIC PLAN 2020-2023

## IMPROVE ORGANIZATIONAL CAPACITY AND OPERATIONAL SYSTEMS

- Increase sustainability
- Build infrastructure
- Provide ethical employment

## EXPAND GEOGRAPHICAL REACH

- Find new communities in need of services
- Establish partnerships
- Provide services in satellite locations

## INCREASE OUR IMPACT

- Broaden population-specific programming
- Build community capacity in education
- Meet the demand for clinical services

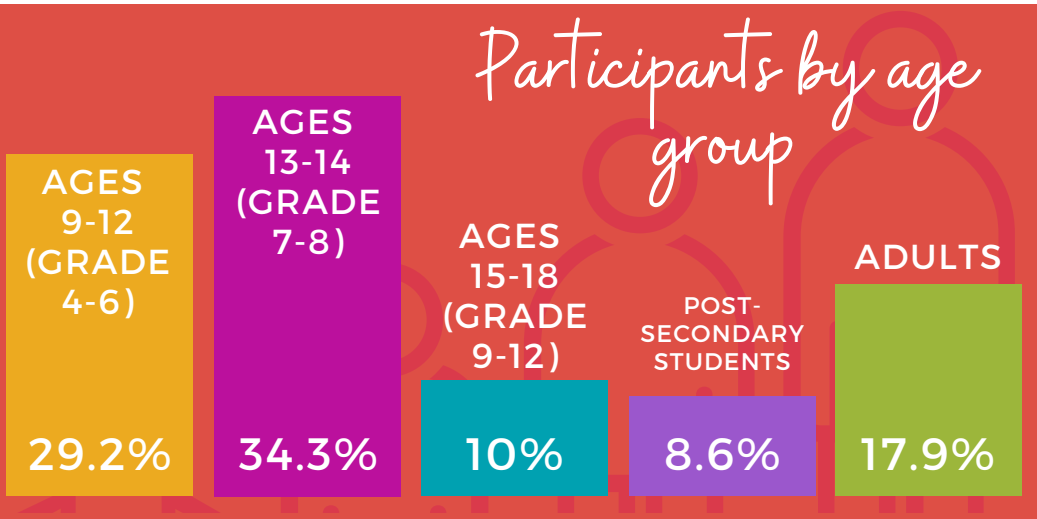
## PROMOTE CHOICE

- Advocate for increased access to care
- Reduce stigma around sexual health
- Be a vocal ally for reproductive justice

# EDUCATION

In 2022-2023 our education team provided most of our school and community workshops in-person, while allowing the flexibility for virtual lessons when needed. This year we focused on new educational opportunities such as monthly birth control webinars and increasing capacity for sex education by developing a highly anticipated Sex Educator Bootcamp which will provide community members with the knowledge and skills to be sexual health educators.

**5,259**  
**WORKSHOP  
AND BOOTH  
PARTICIPANTS**



**WE HELD  
WORKSHOPS AND  
BOOTH AT**  
**53**  
**DIFFERENT SCHOOLS  
AND COMMUNITY  
CENTRES**

**“THANK YOU SO MUCH FOR YOUR AMAZING, ENGAGING AND INFORMATIVE PRESENTATIONS. THE STUDENTS’ UNDERSTANDING OF SEXUAL HEALTH HAS GROWN TENFOLD. HAVING SCIENCE BASED, AUTHENTIC LESSONS THAT MEET KIDS WHERE THEY’RE AT IS SO IMPORTANT IN THIS ENVIRONMENT.”**  
*-Teacher comment*



# NEWCOMER HEALTH

Our Newcomer Health program provides community members with culturally sensitive sexual health information in the participants' first language. This multi-session program is designed to make participants feel empowered and to help build a sense of community.

**184**  
WORKSHOP  
AND BOOTH  
PARTICIPANTS

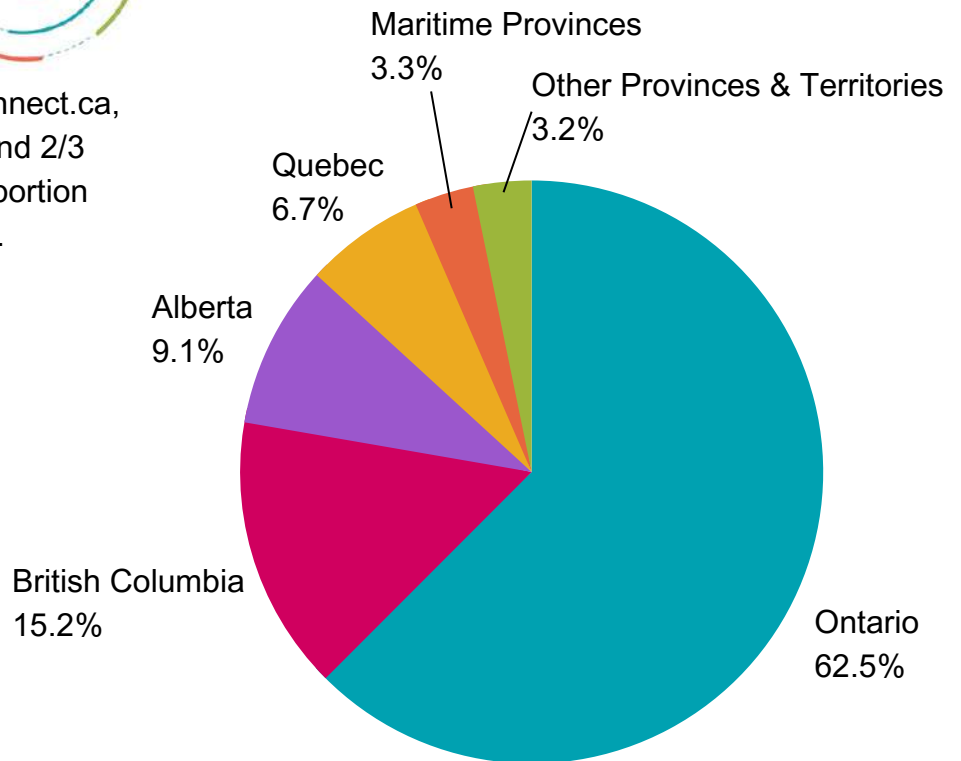
*Topics covered*

- HEALTHY RELATIONSHIPS
- SAFER SEX & STIS
- SEX ED CURRICULUM
- ANTENATAL CARE
- CONSENT
- MENSTRUATION
- MENOPAUSE
- TALKING TO KIDS ABOUT SEX
- COMMUNITY HEALTH RESOURCES



Our abortion referral portal, ChoiceConnect.ca, provided users from all 10 provinces and 2/3 territories with information about the abortion provider that would best fit their needs.

*Users by province*



**2,842**  
TOTAL USERS



# 4,367

## TOTAL APPOINTMENTS

# CLINIC & COUNSELLING

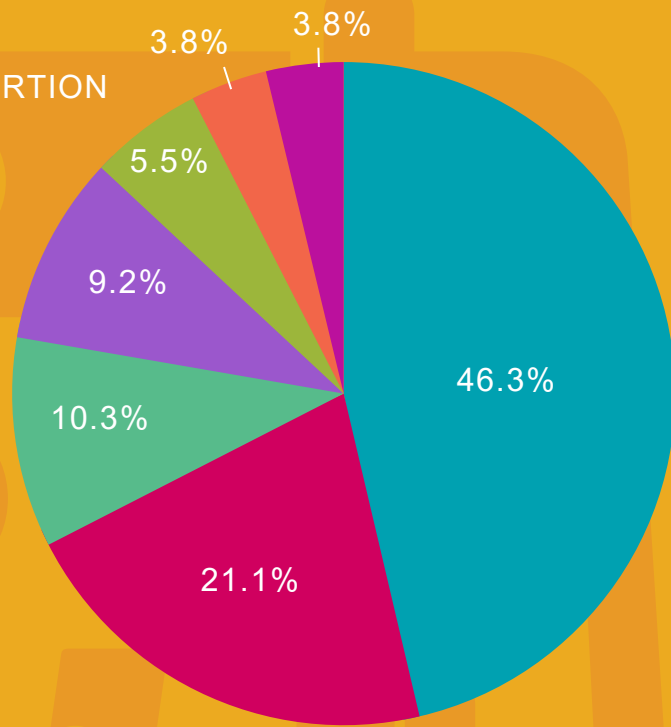
This year, our clinic and counselling team continued to provide inclusive, client-centred, and supportive care, in partnership with our incredible clinicians and healthcare learners. Special thanks to Dr. Laura Pellow for her continued service as our Medical Director. Services offered this year included:

- Medication abortion
- Pap tests and pelvic exams
- Contraception consultations and prescriptions
- IUD/IUS insertion and removal
- Contraceptive implant insertion and removal
- Surgical contraception referrals
- Emergency contraception
- Pregnancy options counselling
- Individual support before and after an abortion or an adoption
- Support during pregnancy and after birth
- Group post-abortion support

# 1,765

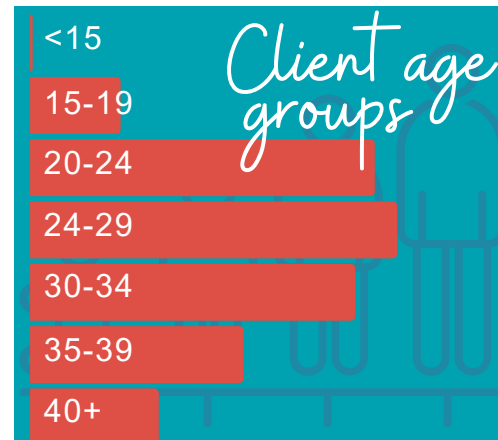
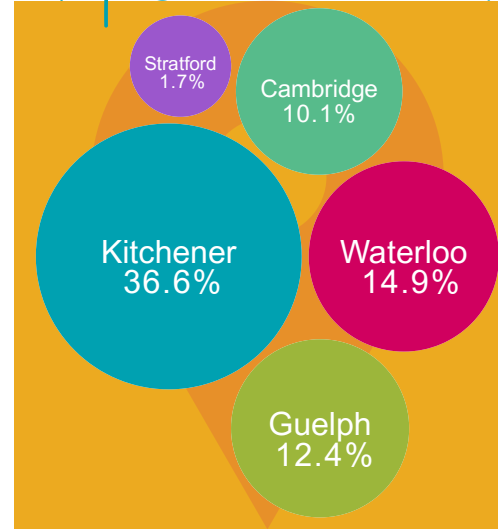
## CLINIC AND COUNSELLING PATIENTS

- MEDICATION ABORTION
- IUD/IUS
- BIRTH CONTROL
- COUNSELLING
- CLINICIAN CONSULTATION
- CONTRACEPTIVE IMPLANT
- OTHER APPOINTMENTS



*Appointments by category*

## Top 5 cities served



*Client age groups*

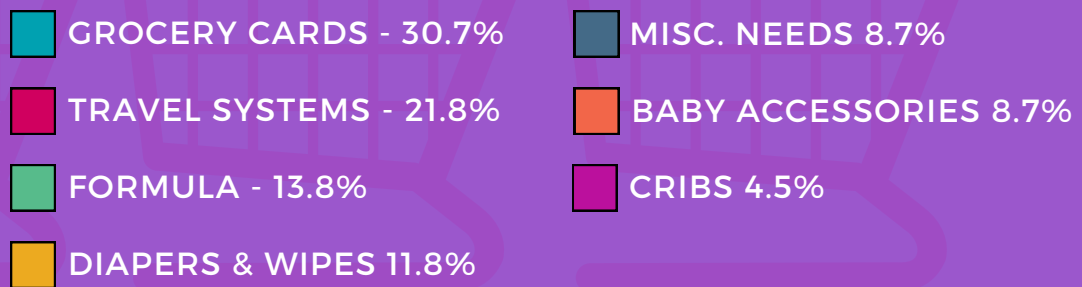
# EMPOWERING PREGNANCY

Empowering Pregnancy provides social, emotional, and material supports to people who are continuing a pregnancy. The program relies heavily on the open, accessible, and non-judgmental relationships our staff members build with clients.

# 49

FAMILIES PROVIDED WITH ONGOING SOCIAL, EMOTIONAL, AND MATERIAL SUPPORTS

## MATERIAL SUPPORT SPENDING BY CATEGORY



# 133

TOTAL VIRTUAL AND IN-PERSON SESSIONS PROVIDED

## STORK SECRETS

Stork Secrets is a peer support program formerly operated by Our Place, which found a new home at SHORE Centre in July 2022. The weekly perinatal mental health group is for expectant and postpartum parents experiencing some challenges to the adjustment of new parenthood, or who may be experiencing some form of perinatal mood and/or anxiety disorder (PMAD).

# 51

INDIVIDUAL PARTICIPANTS

“THIS PROGRAM HAS DRASTICALLY MADE A DIFFERENCE IN MY LIFE, IT HAS SAVED ME AND CONTINUES TO HELP ME FEEL SUPPORTED AND COMFORTED IN MY HARDEST DAYS. THIS PROGRAM HAS BEEN VITAL IN MY TREATMENT FOR POSTPARTUM DEPRESSION/POSTPARTUM ANXIETY.”

-Stork Secrets participant



# COMMUNITY

On June 29, 2022, SHORE Centre hosted a Pro-Abortion Rally at Willow River Park in response to the US Supreme Court's reversal of Roe V Wade. Hundreds of community members joined us to make signs, create pro-choice chalk art, write abortion love letters, hear speakers, and sing protest songs.



Love letters to abortion



Feminist and pro-abortion messages



Singing with Alysha Brilla

# CELEBRATION

In 2022 we celebrated our 50th Anniversary with exciting events and fundraising opportunities. We kicked off the year with our Great Golden Bake-off, which had participants gathering donations from friends and family, and baking SHORE a "birthday" cake. Our Golden Hour Summer Soirée, hosted at the Kitchener Market was a fun evening of food, drinks, entertainment, and a silent auction. In the fall, we gathered at the Apollo for a viewing of one of our favourite abortion-themed movies, *Grandma* starring Lily Tomlin.



A Great Golden Bake-off cake



Golden Hour Summer Soirée silent auction



Soirée performances by Brass Butterflies

# OUR STAFF

## ADMIN TEAM

TK Pritchard, Executive Director

Alicia Langill, Operations Manager

Jen Sibdhannie, Resource & Strategic Communications Developer

## EDUCATION & OUTREACH TEAM

Vivila Yujan Liu, Education and Outreach Manager

Mary Ajayi, Sexual Health Educator

Hoda Ghonim, Newcomer Health Programs

Matthew (Rached) Gmitrowicz, Sexual Health Educator

Jeneka Johnson, Sexual Health Educator

Maddy Taylor, Sexual Health Educator

## PREGNANCY OPTIONS & CLINIC TEAM

Kayla Orr, Pregnancy Options and Clinic Manager

Theresa Himburg, Peer Health Worker

Jess Huston, Administrative Assistant

Tamara Menon, Counsellor/Advocate

Ash Metzloff, Outreach Worker

Brittany O'Hara, Counselling Lead

Angelique Patton, Intake Worker

Emily West, Intake & Administrative Assistant

## STUDENT INTERNS AND CANADA SUMMER JOBS STAFF

Ashley Buttineau

Vino Jeyakumar

Teresa Navarro

Michelle Chow

Maddie Katz

Sarah Nunnikhoven

Rita Da Eira

Vigashavy Kesavan

Mandy O'brecht

Moira Forster

Reid Lee

Het Patel

Priyanka Ghosh

Olalekan Majekodunmi

Nicole Posluszny

Natalya Gimón

Olivia Markle

Natasha Sokolon

Kelly Ho

Colleen McDonald

Katelyn Van Loon

Shannon Hopkins

Nikolina Miskic

Ping Zhou

Rachel Jackson

Rachelle Molto Palika



## VOLUNTEERS

Elizabeth Bate

Sarah Baughman

Isabella Fang

Stephanie Gingerich

Erin Huston

Michelle Letwin

Jessica McBride

Kevin McBride

Eve Nadler

Margret Nodwell

Kathleen Slofstra

Lynne Sosnowksi

Dani Tobert

Lesley Qiao

Jacki Yovanoff

## BOARD OF DIRECTORS

Jane Arnold

Ryan Bayne

Dan Brown

Leona Buijns

Alana Cattapan

Julia Cluett-McCullough

Joe Fonseca

Rosemary Killeen

Jane MacDonald

Eleanor McGrath

Beth Palmer

Liana Sanelli

Priya Thasan

Sonya Walton



# DONORS

For 50 years SHORE Centre has been sustained thanks to the generosity of our loyal donors. Your support has meant we continue to offer free, non-judgmental counselling, engaging and inclusive sexual health education, pregnancy support, and so much more. Donating is an incredibly supportive way to show your ongoing commitment to reproductive rights. We would not be able to maintain our services without you. We thank you for your continued support and kindness.



# FUNDERS & PARTNERS

SHORE Centre is very fortunate to rely on a diverse and growing group of funders and partners in the community. We are so grateful for the flexibility and enhanced support of our funders.



LYLE S. HALLMAN  
FOUNDATION

Region of Waterloo  
PUBLIC HEALTH

An agency of the Government of Ontario.  
Relève du gouvernement de l'Ontario.



**EQUALITY  
FUND**

**Canada**



# FUNDERS & PARTNERS CONT'D



**ONTARIO ARTS COUNCIL**  
**CONSEIL DES ARTS DE L'ONTARIO**  
an Ontario government agency  
un organisme du gouvernement de l'Ontario

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## CONTACT US

SHORE CENTRE  
235 King St E, Suite 130  
Kitchener, ON  
N2G 4N5

Phone: 519-743-9360  
Fax: 519-743-6710  
Email: [info@shorecentre.ca](mailto:info@shorecentre.ca)  
Website: [www.shorecentre.ca](http://www.shorecentre.ca)

# BALANCE SHEET

YEAR ENDING MARCH 31, 2023

|   | 2023             | 2022             |
|---|------------------|------------------|
| <b>CURRENT ASSETS</b>                     |                  |                  |
| CASH                                      | \$567,623        | \$452,788        |
| RESTRICTED CASH                           | \$19,239         | \$0              |
| INVESTMENTS                               | \$265,570        | \$260,511        |
| ACCOUNTS RECEIVABLE                       | \$42,151         | \$35,083         |
| PREPAID EXPENSES                          | \$37,219         | \$61,640         |
| <b>TOTAL CURRENT ASSETS</b>               | <b>\$931,440</b> | <b>\$810,022</b> |
| <b>CAPITAL ASSETS</b>                     | \$2,638          | \$5,748          |
| <b>TOTAL ASSETS</b>                       | <b>\$934,440</b> | <b>\$815,770</b> |
| <b>CURRENT LIABILITIES AND NET ASSETS</b> |                  |                  |
| ACCOUNTS PAYABLE AND ACCRUED LIABILITIES  | \$24,943         | \$29,033         |
| FUNDS LIABILITY                           | \$19,239         | \$0              |
| DEFERRED REVENUE                          | \$482,914        | \$381,368        |
| LOAN                                      | \$0              | \$40,000         |
| <b>TOTAL LIABILITIES</b>                  | <b>\$527,096</b> | <b>\$450,401</b> |
| NET ASSETS (UNRESTRICTED)                 | \$407,344        | \$365,369        |
| <b>TOTAL NET ASSETS</b>                   | <b>\$407,344</b> | <b>\$365,369</b> |
| <b>TOTAL LIABILITIES AND NET ASSETS</b>   | <b>\$934,440</b> | <b>\$815,770</b> |

# STATEMENT OF OPERATIONS

YEAR ENDING MARCH 31, 2023

| REVENUE                           | 2023               | 2022               |
|-----------------------------------|--------------------|--------------------|
| DONATIONS                         | \$267,172          | \$188,072          |
| GOVERNMENT FUNDING                | \$311,631          | \$522,608          |
| GRANTS AND FOUNDATIONS            | \$446,803          | \$321,404          |
| FEES, EVENTS, OTHER               | \$101,263          | \$51,001           |
| <b>TOTAL REVENUE</b>              | <b>\$1,126,869</b> | <b>\$1,083,085</b> |
| <b>EXPENDITURES</b>               |                    |                    |
| PROGRAM EXPENSES                  | \$116,424          | \$134,002          |
| SALARIES & BENEFITS               | \$859,600          | \$744,049          |
| OVERHEAD EXPENSES                 | \$108,870          | \$88,500           |
| <b>TOTAL EXPENDITURES</b>         | <b>\$1,084,894</b> | <b>\$966,551</b>   |
| <b>REVENUES OVER EXPENDITURES</b> | <b>\$41,975</b>    | <b>\$116,534</b>   |

|                                  | Unrestricted Funds | 2022      | 2021      |
|----------------------------------|--------------------|-----------|-----------|
| Net Assets - Beginning of year   | \$365,369          | \$248,835 | \$164,373 |
| Excess Revenue Over Expenditures | \$41,975           | \$116,534 | \$84,462  |
| Net Assets - End of year         | \$407,344          | \$365,369 | \$248,835 |

*A copy of the Audited Financial Statement prepared by RLB LLP is available on our website at [www.shorecentre.ca/about](http://www.shorecentre.ca/about)*