



**CARIBOO FAMILY
ENRICHMENT CENTRE**

ANNUAL **REPORT** 2022-2023

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Board of Directors

Stephanie Kappei

Chairperson of the Board

Ingrid Meyer

Treasurer of the Board

Denise Archie

Member of the Board

Rob Diether

Member of the Board

Sabrina Zezza

Member of the Board



Mission, Vision, and Values

MISSION

The Cariboo Family Enrichment Centre strengthens the quality of personal, family, and community life through education, counselling, referral and support.

VISION

Enriched Families Living with Vitality

VALUES

Respect Collaboration

We value and have consideration for ourselves and others, believing in the inherent worth of each individual. We regard each other as having equal value, worth and dignity.

We are committed to a process where all ideas and input are heard and considered and where decisions are made by consensus whenever possible.

Empathy

We have the capacity to participate in another's feeling or ideas, and are willing to do so. We care for each other and for each other's needs.

Confidentiality

We will act in a professional manner with information that is shared.

Client Centered

The intent of all that we do is for the good of the client.

Integrity

We value honest, sound, genuine relationships and act accordingly. We accept responsibility for our obligations and are answerable for how we meet them.

Quality Improvement

We continuously strive to improve the service we provide to each other, our clients and our community.



Board Chairperson's Report



Stephanie Kappei

Chairperson of the Board

The Cariboo Family Enrichment Centre (CFEC) has been offering services and supports to families and individuals in the South Cariboo for over 35 years! What started out as a parenting and pregnancy support program, has grown into one of 100 Mile House's best and well-respected service organizations, expanding services to meet community needs. The CFEC has once again tackled some of the most vexing challenges facing our community – mental health, addictions, partner violence, poverty, inequality, youth transition and supports – and have accomplished our mission with dignity and respect.

2022-23 saw many changes and challenges for the staff and management of CFEC, including another successful Accreditation Cycle, new board members, and the addition of new programs and services (Age Friendly Supports). I believe I speak for each member of the Board of Directors of CFEC when I say that it is a privilege to fulfill our roles and represent the organization with pride in the larger community.

On behalf of the CFEC Board of Directors, I sincerely thank Executive Director Chris Pettman and the entire CFEC staff for the compassionate, relational, and dedicated supports they provide on a daily basis to improve the well-being of the entire South Cariboo community.

Stephanie Kappei

Chair



Executive Director's Report

Dear Friends,

Thank you for making 2022/2023 another successful year for the Cariboo Family Enrichment Centre Society. This past year marked 35 years that the Cariboo Family Enrichment Centre has offered services to children and families in the South Cariboo. Through community support and the work of our dedicated staff, we have expanded our reach, strengthened our programs and services, influenced change, and provided the best possible services for our clients and community. A few highlights from the 2022/2023 year include:

- Accreditation – We successfully completed our seventh 4-year Accreditation certification through the Council On Accreditation (COA)
- CFEC Family Fun Night – Our inaugural Family Fun Night eclipsed expectations with over 350 community members attending the festivities in front of the CFEC during the 2022 Moonlight Madness community event!
- Age Friendly Program – The CFEC assumed the Age Friendly Society program to begin offering senior specific supports and programming in the South Cariboo
- Pride in the Park Event – The CFEC supported and co-hosted 100 Mile House's 2nd Annual Pride Event with the 100 Mile House Pride Society including our first Pride Parade and Queer Prom
- Touch of Christmas – The CFEC raised over \$25,000 in cash, gift cards for local businesses, and gifts to distribute to over 95 families during the holiday season!
- BC Farmer's Market Nutrition Coupon Program – The CFEC administered the Farmer's Market Coupon Program supporting over 50 families to access locally produced food and infusing \$13,000 into the local food sector

The Executive Director's Report would not be complete without acknowledging the commitment of our Board of Directors. As part of their duties, a board of directors steers an organization towards a sustainable future by adopting sound and ethical governance and financial policies. At the heart of our Board, you will also find a dedicated and passionate assembly of community members who envision a better life for children and families of the South Cariboo. I look forward to the coming year with excitement and vigor as we work collaboratively with our partners and supporters in order to improve the quality of life for children and families in our community.

Thank you,

Chris Pettman



Chris Pettman
Executive Director



In the Past Year...

WE HAD HIGH NUMBERS IN ACCESSED SERVICES:

We provided services to individuals through 418 cases involving direct client care.

We offered over 20 courses and workshops, including Anger Education and Early Childhood Educator Professional Development, filling over 200 seats.



Above: CFEC set up a public cooling station for the extreme heat days 100 Mile Experienced during summer 2022.



Our **Raven** Youth Activity Centre had more than 2,700 visits from youth ages 10-18 who came to enjoy the activities, social connections, and support the space offers.



At Our Cariboo Kids Early Years Resource Centre:

- We supplied prenatal/postnatal parents with over 120 grocery cards to purchase healthy food as part of our Prenatal Nutrition Program
- Our infant supplies, which include food items, diapers, clothing items and more, was accessed over 800 times.
- Our Early Learning Room (a drop-in educational play space) had over 500 instances of parents/ caregivers accessing the space with their children (over 600 child visits).

CFEC's Early Care and Learning Centre (ECLC):

- CFEC's child care centre provided care to 63 children representing over 50 different families.
- A total of 11 children were enrolled in the ECLC's preschool program.
- The ECLC consistently provided child care services for 30 full-time enrollment spaces.





**CARIBOO FAMILY
ENRICHMENT CENTRE**

Moonlight Madness at **CARIBOO FAMILY ENRICHMENT CENTRE**

CFEC gave families a chance to warm up with fire bowls and hot dogs while they watched the Santa Claus Parade during Moonlight Madness in 2022!





TOUCH OF Christmas

The Touch of Christmas campaign helps support families in need during the holidays by providing "Christmas Baskets" comprised of local gift cards, grocery cards, and gift items. Families register for the program and receive items tailored to their specific needs. This is made possible by the generous donations made by individuals and businesses in the community.



LAST TOUCH OF CHRISTMAS:

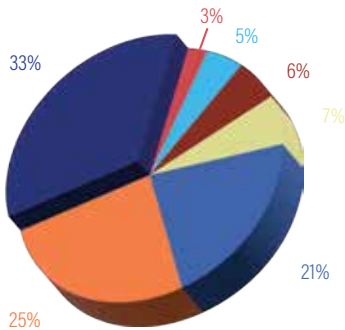
- CFEC received over **\$28,000** in cash donations
- CFEC received in-kind donations valued at over **\$17,750**
- CFEC distributed a total of **95 custom-tailored Christmas Baskets** to families and individuals!



Financial Summary

The information on this page originates from the Cariboo Family Enrichment Centre Society's *Draft Financial Statements for 2019*, which were audited by **MNP LLP**. Our complete audited financial statements and T3010 Registered Charity Information Return will be made available at cariboofamily.org/about-us/annual-and-financial-reports.

REVENUE



	2023	2022
Ministry of Children and Family Development	\$ 617,030	\$ 862,948
Childcare revenue	479,512	420,358
Course fees and other income	398,053	375,535
Canadian Red Cross	123,350	130,432
BC Gaming Commission	117,994	219,403
Fundraising	91,209	17,089
Interior Health Authority	51,169	31,187
TOTAL	\$ 1,878,317	\$ 1,900,920

EXPENSES



	2023	2022
Wages and Benefits	\$ 1,432,572	\$ 1,466,808
Other Expenses	489,114	494,199
TOTAL	\$ 1,921,686	\$ 1,961,007



Thank You to Our Financial Supporters

The Cariboo Family Enrichment Centre receives financial support from the Province of British Columbia, BC Provincial Health Services Authority, Government of Canada, United Way Thompson-Nicola Cariboo Region, Canadian Red Cross, Canada Post, Canadian Women's Foundation, Canadian Mental Health Association, The Federation of Community Social Services, and the District of 100 Mile House and Cariboo Regional District.

We are also deeply thankful to the businesses, community organizations and community members in the South Cariboo who contribute to our Touch of Christmas campaign and provide donations and in-kind support throughout the year.



Family is what we're all about.

www.cariboofamily.org

