building hope with comittment, dedication and compassion

AULNEAU RENEWAL CENTRE



Annual Report 2021

CENTRE DE RENOUVEAU

AULNEAU

RENEWAL CENTRE

Aulneau believes that people can be empowered if they have the right tools.

Aulneau Renewal Centre (ARC) works with individuals, couples, and families to develop therapeutic plans that meet their specific needs through therapy, education, support, and guidance. We help our clients work through their challenges to discover a positive vision, so they can optimize their personal potential and growth towards renewal.

Aulneau acknowledges that we are Treaty Territory #1, the traditional lands of Anishinaabeg, Cree, Oji-Cree, Dakota, & Dene peoples, & on the homeland of the Métis People. ARC respects the treaties made on this land and acknowledges the harms and mistakes of the past and present. We dedicate ourselves to authentic alliances with Indigenous communities in a spirit of reconciliation and cooperation.

2021 was a new year, same pandemic, but Aulneau Renewal Centre rose to the occasion!

This annual report will highlight how ARC continued to adapt through their commitment and dedication to meet the needs of the community, along with helping to build hope with compassion.

Thank you to the staff who contributed their stories for the writing of this report!

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"I have felt completely informed and supported during this past year of the pandemic. I think that next to ARCs ability to adapt and change, the understanding and support they offer both staff and clients is fantastic."
- staff

our values

Healthy relationships:
We believe that healthy relationships grounded in secure attachments are critical to the development of the whole person.

Inclusion:
We value all people regardless of race, culture, religion, gender, economic means, orientation, age or ability. We have a commitment to equitable treatment and elimination of discrimination in all its forms at all organizational levels.

Compassion:
We work together to serve others with unconditional acceptance, using a wholistic approach that brings healing and connection.

Integrity and accountability:
We strive to create a culture of integrity and accountability in our actions and attitudes towards ourselves, our clients, our colleagues, our partners, and the organization.

Excellence:
We strive to lead and sustain excellence through our commitment to professionalism, and continual development ensuring high standards.

our vision

The vision of Aulneau Renewal Centre is to be a Centre-of-Excellence providing attachment-informed counselling, therapy, and education to help empower and heal the body, mind and spirit of individuals and families.

our mission

The mission of Aulneau Renewal Centre is to empower personal growth by providing compassionate counselling and therapy services and by building the capacity of attachment-informed practice through training and education.

our goals

- To be a Centre -of-Excellence and leader in attachment-informed practice
- To develop strong community partnerships
- To be financially sustainable
- To be culturally aware and provide relevant services
- To enhance organizational wellness
- To integrate spirituality and meaning

ARC believes that renewal is a journey that engages the mind, heart, body and spirit

As part of the Compassion Network, we are guided by their strategic themes of:

Réseau Compassion Network

Serving with intention
Communicating our mission
Moving towards reconciliation
Unleashing potential to respond to unmet needs
Securing our future

Centre de renouveau Aulneau Renewal Centre



"Our biggest success this year was transforming lemons into lemonade which led to the development of a new business model that included virtual counselling and will become a permanent component of our delivery process!" - staff

AULNEAU RENEWAL CENTRE

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message from board and management

The world continued to be challenged with the COVID 19 pandemic throughout 2021. However, perhaps we have learned to adapt as we are resilient beings and are able to normalize many things. The year 2021 continued to allow us to learn about adaptability, and resiliency.

For many of our clients, we held space for them as we continued to learn about their challenges with the pandemic and that for many of them, the inequities they faced increased those challenges. And yet we are so proud of their accomplishments. It is not only an honor to walk with our clients on their journeys, but a privilege that we do not take lightly.

Aulneau Renewal Centre continued to use innovative means to connect with clients. Virtual counselling continued to support clients and their needs. We were able to work with clients around the sliding scale fees as many people were financially challenged during this time.

We continued to offer wellness checks to the community to touch base with clients, see how they are doing, offer meditation and prayers and be a support. We are grateful to our funders, partners, staff and students who continue to support this program.

Through a provincial grant, we were able to offer healthy attachment kits to our families to enhance the parent/caregiver- child relationship during the cold months when activities and gatherings were limited. Our attachment kits were bilingual and were offered to many families who benefitted from some "fun" activities.

Through an Inspiration grant, we launched our Parent Café – an online virtual gathering place for parents and caregivers to come together, share stories and create healthy networks. We thank Réseau Compassion Network for allowing us to provide this to our community.

We also received a Bell Let's Talk grant which allowed us to train 15 clinicians in DBT Skills and offer this program to the youth in our community. We are excited to continue to offer this for years to come.

We also received funding to do some renovations in our home. This year, we were able to complete our meditation space which we hope to launch in 2022.

While it has been a challenging year, it has been a busy year with so many new projects and initiatives that we can celebrate. There are not enough words to thank the team at Aulneau Renewal Centre for their dedication and commitment to the agency.

As we move into future, we are full of gratitude for the staff, board, partners, and stakeholders who have helped us move the legacy of the Oblate Sisters forward. Thank you for being you and for being a part of our journey at Aulneau Renewal Centre. – *Sophia*



a special goodbye and thank you to one of a kind



"I have many hopes for Aulneau' s future. I hope they continue the compassionate culture that we've created together, and that they continue to excel at meeting community demand by showing their adaptability, resiliency, and courage."
- Sophia Ali
(Picture and quote from RCN newsletter Dec 2021)

Our Executive Director of over 5 years, Sophia Ali, announced in early December her intention to leave Aulneau to go to a new career opportunity at Klinic. Sophia will be remembered for her hard work, dedication, innovative ideas and management skills. Moreover, Sophia will always be known for her caring and compassionate style of leadership. Her commitment to the agency included learning French to help enhance the history and identity of the agency. There was never anything she would not do because it was below her status, even if she had to work Reception if someone was sick. Much was accomplished at her tenure at Aulneau. The agency is on a sure footing for the new Executive Director.
In their December 2021 newsletter, Réseau Compassion Network said they are thankful for her too!

> "She's been such a strong leader, and also easy to work with," explains CEO Daniel Lussier. "She has led so many changes that have resulted in stronger and better supports for those in our community. When we talk about finding solutions to unmet needs, we can point to all that Aulneau has done in the past five years. We're sad to see her go, but also thrilled for this next chapter in her life."

" I would like to highlight the efforts of Sophia specifically during the height of the pandemic in exhibiting stellar leadership, supporting a wide range of staff - their roles, comfort with technology and always encouraging others with the transition" -staff

"ARC is doing well despite Covid. Sophia has been creative, and her leadership has helped to sustain us in this time. Thank you" -Admin

"ARC is a well managed non profit with a very dedicated and talented Executive Director, Sophia, who consistently demonstrated commitment and effective leadership with a desire to attain the ARC Mission, Vision and short and long term plans" -Board

commitment to partnerships



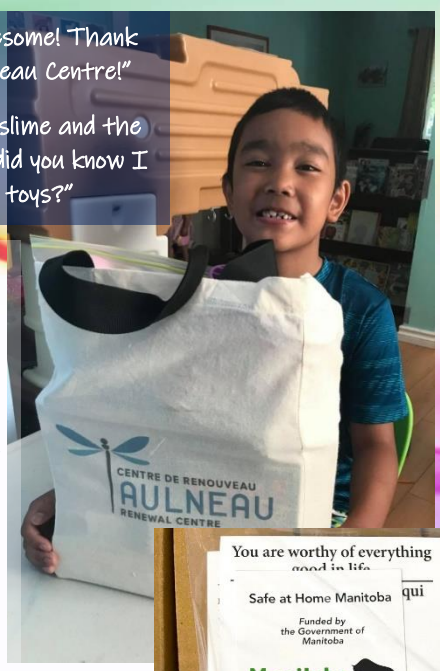
"I believe that Aulneau has embraced the challenge to meet the families at the heart of their struggles" -staff

Through a partnership with **Accueil Francophone**, we were able to support the mental health and wellbeing of newcomers to our community by providing them with garden beds so that they can enjoy gardening. We saw some wonderful produce being grown in our garden spaces and look forward to continued partnerships to enhance the mental health and wellbeing of our community.



"They are so awesome! Thank you so much Aulneau Centre!"

"Wow, I love the slime and the stress balls! How did you know I liked fidget toys?"

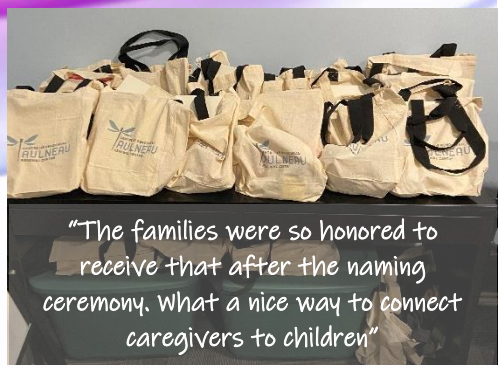


"We played the dice game already at supper with the grandkids. It was so nice to be able to have such candid and meaningful conversations with them at this awkward age."

"Spring break will be so much better now. We want to start baking together right now!"



Thanks to a **Safe at Home Manitoba** grant through the Government of Manitoba, Aulneau Renewal Centre was able to provide 250 attachment kits to community members to enhance parent- child attachment during the challenging winter months when COVID numbers restricted events and gatherings. Several partner agencies received bags for their communities such as Youville Centre, North Point Douglas Women's Centre, Immigrant Centre, South Winnipeg Information Centre, Lord Nelson School and Mosaic Newcomer Family Resource Network.



"The families were so honored to receive that after the naming ceremony. What a nice way to connect caregivers to children"

building hope by supporting our staff

In 2021, Aulneau Renewal Centre (ARC) was named a recipient of the **Bell Let's Talk** Community Fund grant, which awarded ARC with $25,000 to develop Dialectical Behaviour Therapy (DBT) skills group for youth in the community. In September 2021, several staff from Aulneau Renewal Centre attended the DBT Skills Development Groups online training held by The Association for Psychological Therapies (APT). During this three-day training they had the opportunity to experience being in DBT skills groups both as participants and co-facilitators. This training was engaging and informative, which led many of us to express an interest in taking part in launching DBT skills groups at ARC for youth in the community. Using the knowledge gained from this training, ARC created Dealing with Difficult Emotions DBT skills training program aimed at teens and young adults who seek to improve their social-emotional skills. Participants ages 14 - 17 completed their first skills training module in December 2021, which focused on helping youth develop their emotion regulation skills and introduced them to the concept of mindfulness. This first group was received well overall by the participants and their caregivers, and we are happy to welcome our new participants. None of this would have been possible without the help of Bell Let's Talk. - *Grace*

The Aulneau Renewal Centre was a successful recipient of the Inspiration Grant from the **Réseau Compassion Network.** The grant allowed Aulneau to have a collective group of staff take part in training with **Be Strong Families** to facilitate Parent Cafés. Staff members learned the fundamentals of the Parent Café programming, the core principles of integrating protective factors into the family unit, and how to support parents through the sessions. The Parent Café was created using research-based methods that have proven to be a successful program for its recipients. They were designed to be led by parents for parents and offer peer support, learning, and self-reflection. The newly gained skills provided in the training sessions allowed ARC to be a great support system for families in our community. Aulneau has successfully hosted Parent Cafés sessions with families where participants have been allowed to gain new skillsets to help strengthen their family unit, become empowered, and learn new skills to enable them to feel success in raising their families. Parents and caregivers shared that the Parent Café program helped to fill a gap in programming. - *Ashley*



"We are thankful for Bell Let's Talk and their support, and we are excited to continue offering this DBT program to those who may find it beneficial" -staff

"Aulneau is proud to fulfill this need for the community and thankful to have received the Compassion Network Inspiration Grant to do so" -staff

ARC has enhanced staff skills and personal well being...

"By Professional development opportunities and consultations"

"Through trainings I have learned many new theories and techniques. I feel more confident working with higher needs. I feel empowered to take on new roles & help facilitate more programs"

"Frequent information opportunities as well as staff meetings focused on Caring for the Spirit"

"Frequent communication with staff from the ED to monitor wellness and address any issues that may cause increased stress"

building compassion by supporting our staff

We had the opportunity to take part in Compassion Focused therapy (CFT) workshop offered through The Association for Psychological Therapies. CFT is a multimodal approach that draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience. One key concern is to use compassionate mind training to help people develop and work with experiences of inner warmth, safeness and soothing, via compassion to oneself and/or towards others. We learned the importance of the attachment system and its link to the experience of vulnerability to distinguish different types of positive emotions. Such as, activating versus soothing emotional experiences and how this type of therapy can be effective helping people manage distressing thoughts, behaviors, and feelings. - *Kari*

Although I have only been a student at Aulneau for a few months, my experience has been immensely helpful in my development. I am grateful for all the guidance and support from my supervisor and other counsellors at the centre - it is so much more than I could have asked for. I appreciate taking part in the group case consultations, where I get the opportunity to learn from the experience. So far, I have taken part in three different training opportunities, from which I took away important skills that I have already started applying with clients. As a result of my experience at Aulneau, I have noticed myself consistently gaining more confidence and skill as a student counsellor. - *Angela*

A few therapists from Aulneau took part in a special training known as Voice of the Child Report (VCR). The VCR is intended for children between age 7-18 and can be used for either Open (Court Consideration) or Closed (Parents Consideration) purposes. VCR's have been used internationally to aid in the decision-making process of families going through separation and divorce.
A VCR does not provide recommendations; it is only intended to clarify the opinions and feelings about issues affecting them. This report is given either to the court or parents (provided all parties have consented) and is presented in the exact way that the child wishes to communicate their thoughts and preferences. This training included family mediators, therapists, lawyers, social workers, and other collaborative family professionals. The trainers provided ongoing consultation support and even provided presentations for Lawyers and Court Mediating Consultants to further promote this service to the community in Manitoba. Trainers discussed new legislation around the Divorce Act and emphasized mitigating risks to children as the foundation of all reporting. We were taught how to conduct a formal interview and report on the independent views of the child on a variety of issues. These include reporting on preferences of residence, school, custody access and visitation concerns. A 12-step template was provided to encourage reporters to ensure that consent was repeatedly maintained throughout the reporting process. - *Rob*



dedicated to continuing with kindness

"Kindness is spreading sunshine into people's lives regardless of the weather" -staff



This (2021) holiday season, the team at Aulneau Renewal Centre were able to spread some holiday cheer with our clients thanks to the kindness received by **St Amant Centre, Reseau Compassion Network** and **community members.** There are no words to express the joy we have seen as we hand out gifts to our clients! *-Sophia*

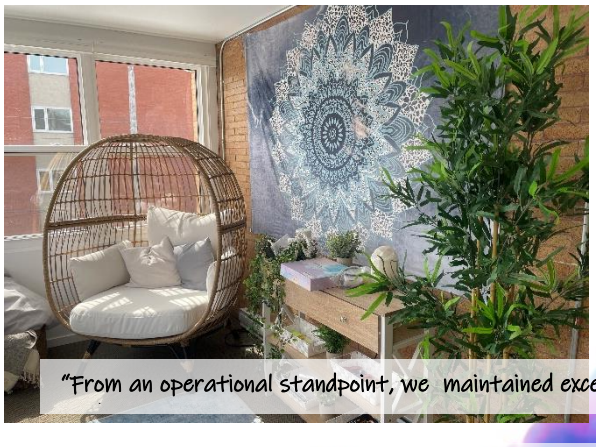


Thank you, St Amant Centre, Reseau Compassion Network, and community members, for sharing your kindness with us!





dedicated to moving ahead during a pandemic



"From an operational standpoint, we maintained excellent cash flows and undertook badly needed renovations"



We are grateful for a generous grant from the Province of Manitoba's Building Sustainable Communities program to help fund our building renovations.

Aulneau has been busy over the last couple of years in refreshing the building and adapting to the new information systems technology.

By the start of 2021, we had completed re-painting the whole building in a bright blue that blends in well with our Dragonfly logo. The vast majority of our light fixtures were replaced with brighter, more efficient LED fixtures. Our worn, stained carpet , including the stairs was replaced with commercial carpeting that also complements the new paint color. This summer and fall, we continued renovations, particularly a complete makeover of the 2nd floor sunroom. We took a dusty, neglected space, and turned it into a beautiful sun-drenched room, ideal for quiet moments, downtime, and meditation, all with its own discrete entrance. Along with that, the front porch and accessibility ramps were re-finished. And finally, we had landscaping work done, so that our exterior too has a fresh new look that is a credit to the neighborhood.

Meanwhile, we joined the trend to cloud computing by retiring our old network server. Everything we access, from applications to documents, are now hosted remotely. This helped us address significant security issues while giving us complete accessibility to programs and data from wherever our staff work. Needless to say, this has been a huge benefit in our era of providing client services and conducting meetings virtually. - *Harvey*



"working from home has made a huge difference in the amount of work I can get done in a day as well as me being able to work even when I'm not at 100%"
-staff

Staff and Board were asked, *what has been the biggest success from ARC's organizational resiliency and accomplishments this year?*

The adoption of a hybrid counselling model that includes both distance counselling as well as in-person counselling.

I must give kudos to the whole team of ARC about training staff in EMDR. This has probably put us in one of the most esteemed places as an agency.

Conversations like these can't happen without good leadership. We are healthy.

building hope through the work we do

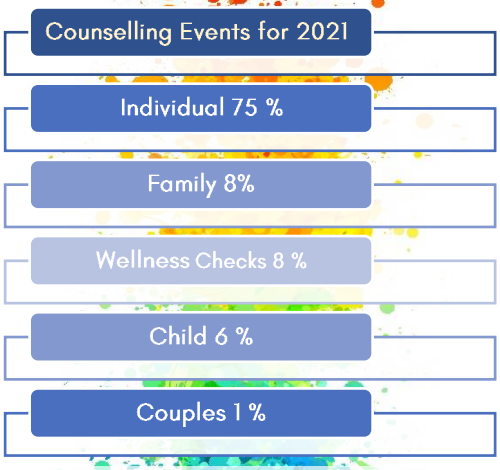
Did you know in 2021 Aulneau Renewal Centre...

- ✓ continued to offer counselling both virtually and/or in person and expanded hours to do so...**increasing** our *sliding scale numbers* again from last year?
- ✓ continued to adapt and meet the increased needs of community members by providing free wellness checks, increased access to family programs and DBT sessions?
- ✓ significantly increased the amount of therapy sessions for Child and Family Services?
- ✓ continued to have a robust social media presence?



In 2021 Aulneau' s Top 5 reasons our clients come to us:

- → trauma
- → parenting skills/attachment concerns
- → relationship conflicts
- → emotional regulation
- → grief/bereavement & loss



At the 2021 strategic review meeting, people said they felt proud of the organization, and that it was nice to see that board and staff were on the same page. All indicated they are happy and positive about ARC and the successes this past year. The community culture is stronger as all stakeholders came together to meet the needs of the community. They realized ARC had a good organizational process in place and were amazed that they were able to grow, despite the pandemic.



"EMDR has provided me the tools to go beyond what we traditionally view as healing to a view that also incorporates a space for transformation trauma itself"

"The biggest success for us as during the pandemic was that we were able to transition seamlessly to online counselling and still maintain a healthy client load. Beyond this, ARC has increased its recognition as "the place to be" within the public.
-staff

committed to securing our future – finances

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Financial Position

As at December 31	2021	2020
	$	$
Assets		
Current Assets		
Cash and bank (Note 3)	12,687	129,727
Investments (Note 4)	545,370	301,203
Accounts and grants receivable (Note 5)	160,771	90,591
Prepaid expenses	18,465	23,581
	737,293	545,102
Capital assets and intangibles (Note 6)	46,899	27,683
	784,192	572,785
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	84,702	97,435
Deferred revenue	116,674	108,618
	201,376	206,053
CEBA loan payable (Note 7)	40,000	30,000
Deferred contributions related to capital assets and intangibles (Note 8)	40,869	24,404
	282,245	260,457
Commitments (Note 9)		
Net Assets		
Unrestricted	75,917	49,049
Internally restricted net assets (Note 10)		
Fiscal reserve	50,000	50,000
Special projects	370,000	210,000
Invested in capital assets and intangibles	6,030	3,279
	501,947	312,328
	784,192	572,785

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Operations

For the year ended December 31	2021	2020
	$	$
Revenue		
Grants (Notes 11 and 12)	897,455	901,933
Counselling	552,058	421,880
Amortization of deferred contributions related to capital assets and intangibles (Note 8)	8,535	17,521
Donations and fundraising	16,399	14,485
Interest and other	13,614	8,700
Conferences, workshops, training	11,673	9,761
Therapy group	3,125	750
	1,502,859	1,375,030
Expenses		
Salaries and benefits	709,990	699,279
Contract services	263,726	168,685
Administration (Note 11)	123,770	120,646
Building maintenance	61,993	84,846
Professional development	57,238	15,361
Program	41,325	3,144
Equipment and supplies	37,120	37,679
Amortization	9,228	19,699
Travel	7,325	4,420
Food	1,525	1,393
	1,313,240	1,155,152
Excess of revenue over expenses for the year	189,619	219,878

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Changes in Net Assets

For the year ended December 31, 2021

		Internally Restricted (Note 10)				
	Unrestricted	Fiscal Reserve	Special Projects	Invested in Capital Assets and Intangibles	2021 Total	2020 Total
	$	$	$	$	$	$
Balance, beginning of year	49,049	50,000	210,000	3,279	312,328	92,450
Excess (deficiency) of revenue over expenses for the year	190,312	-	-	(693)	189,619	219,878
Interfund Transfer						
Acquisition of capital assets	(3,444)	-	-	3,444	-	-
Appropriation	(160,000)	-	160,000	-	-	-
Balance, end of year	75,917	50,000	370,000	6,030	501,947	312,328

"The financial situation has greatly improved because of the excellent work done to access funds available to mitigate the pandemic."

" I am excited about our finances and what we have done to sustain them" -Admin / Board

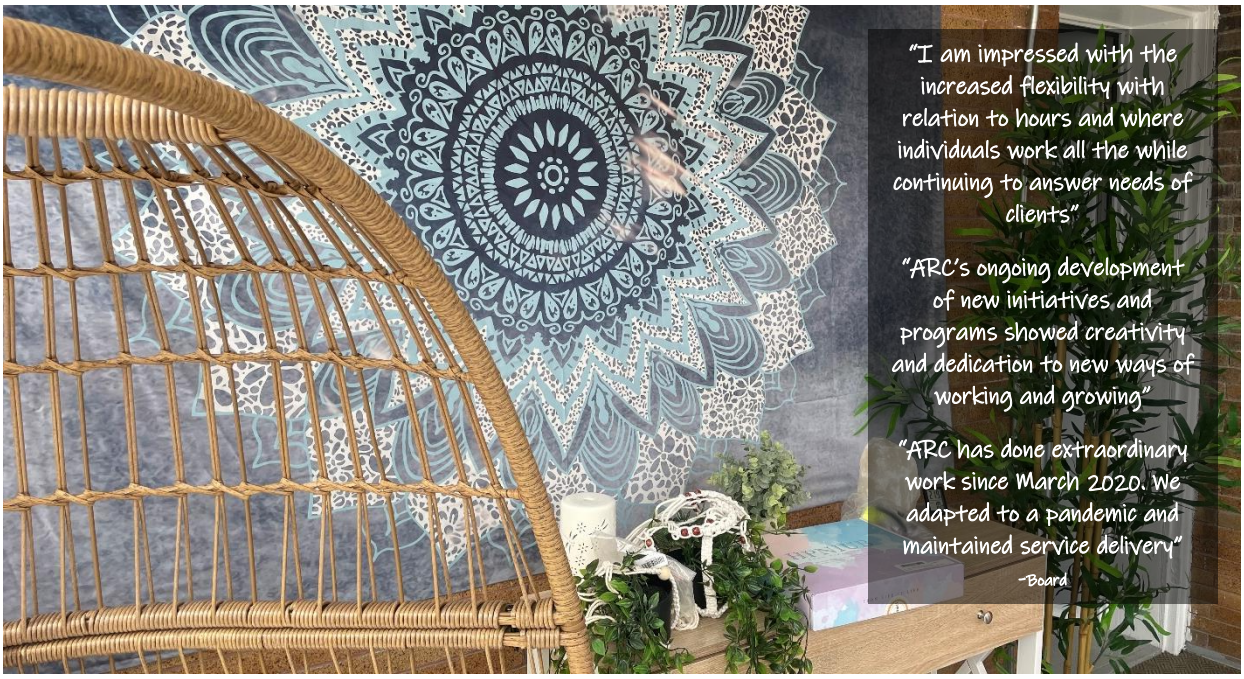
committed to securing our future – strategic direction

The staff and board of Aulneau Renewal Centre (ARC) have continued to review, implement, and update their 2018 strategic work plan despite the Covid-19 Pandemic. The board chose to delay the 2020 review because of the pandemic but did a review in late 2021. They have indicated they will be ready now for a larger strategic planning process in 2022.

The purpose of the 2021 review was to have both staff and board to continue to work together and reflect on the organization's resiliency and successes over the past year while also having an opportunity to think 'bigger picture' and brainstorm for areas of growth.

Staff and board were surveyed prior to the meeting and then a facilitated board meeting was conducted over zoom. After reviewing survey results and reflecting on the current vision/mission and values of ARC, the Board felt they need to re-visit these in the next strategic planning process but felt that overall ARC is meeting them. The group brainstormed on the actions to be done, in 2022, and how to prioritize funds to meet their current goals. Ideas included:

- initiatives related to Truth and Reconciliation and the calls to action – training, hiring staff, cultural opportunities
- work on partnerships and marketing
- increasing workshops and programs offered (parenting, DBT skills, anxiety, and professional development)
- responding to the underserved populations – use more distance counselling and providing groups at low/no cost.



thank you to our dedicated donors and funders

Bell Let's Talk

Canada Summer Jobs 2021

Canada-Manitoba Job Grant program

City of Winnipeg

Dorais Charities

Government of Canada: Canada Emergency Rent Subsidy Program and Canada Emergency Business Account Program

Province of Manitoba Healthy Child Manitoba

Province of Manitoba Health Hire Program

Province of Manitoba Safe at Home Program

Province of Manitoba Urban/Hometown Green Team Program

Province of Manitoba Building Sustainable Communities Grant program

Missionary Oblate Sisters

Reseau Compassion Network

Sisters of the Cross

Sisters of the Saviour

Thomas Sill Foundation

United Way of Winnipeg

Winnipeg Foundation



"ARC has extended an open invite for recommendations on what is needed for maintaining my health and wellbeing. Aulneau leadership has also inquired and taken steps to ensure that I am working on and maintaining my mental health to ensure that I continue to function well. In terms of skill and knowledge building, I believe I have gained many skills through working with ARC"

"I have learned that external agencies, a psychiatrist, students, and former clients are referring to Aulneau. Students were saying they praise our agencies personnel, and that these students are grateful to learn with us! I think we are getting a decent name out there as a Centre-of-Excellence." -staff

a special tribute to one of our own



Willi always loved this picture from our Christmas Party a few years ago

It is with profound sadness that we need to include the news of the passing of **Willi Wiebe**, due to COVID 19.

Willi started out as a contractor in our Aulneau Steinbach office in 2015 and became head of our Steinbach team in 2016. Willi lived in the Steinbach area and was very well known with our Child and Family Services contacts in the area. In the summer of 2020, Willi left Aulneau. He moved to BC to be closer with his family.

Willi hailed from Paraguay. In 2018, Willi returned home for a 6-month sabbatical, to farm and do the outdoor things Willi loved. But what Willi loved more than anything was helping people. He will be remembered for his kindness, compassion, and dedication to his clients. No one worked harder than Willi in serving his clients. For Willi, it was God's work and his passion reflected that sentiment. He and his wife even ran an emergency shelter out of their home in Steinbach.

Willi was good-hearted also to the staff at Aulneau. Whether it was helping us move offices, or barbequing the hot dogs for the annual picnic, Willi was always willing to selflessly give of himself. It was always a delight to see Willi stop in at the Winnipeg office, where he would see a client, or get some administrative work done. We will miss you, Willi.



CENTRE DE RENOUVEAU
AULNEAU
RENEWAL CENTRE

Annual Report 2021



Aulneau Renewal Centre is located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.

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