Aulneau Renewal Centre

ANNUAL REPORT

2023



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, support, education, 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 1 Territory, the traditional lands of Anishinaabe, Cree, Anisininew, 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.

This annual report will highlight how ARC continued throughout 2023 to adapt through their commitment and dedication to meet the needs of the community, helping to build hope with compassion.



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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, age, orientation, 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 holistic approach that brings healing and connection.

INTEGRITY:
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 MISSION
is to provide counselling and psychotherapy services to empower people and the community.

OUR GOALS:
- To be a leader in attachment-informed practice
- To develop strong community partnerships
- To be financially sustainable
- To be culturally aware & provide relevant services
- To enhance organizational wellness
- To integrate spirituality and meaning

OUR VISION:
We envision an inclusive community that welcomes and supports people toward resilience, empowerment and healthy relationships that nourish mind, body and spirit.

MESSAGE FROM THE EXECUTIVE DIRECTOR

I am very grateful to have led this incredible organization for yet another successful and prosperous year. This year has been especially transformative as Aulneau emerged with a new five-year strategic plan. Through this process, we were able to reaffirm our vision, mission and values and set out strategic directions that will guide our work over the next five years.

Aligning with our strategic plan, over this past year we have undertaken significant work to reflect on our agency's commitment to reconciliation. We are very fortunate to be able to work alongside Elder Louise Lavallee, who has provided wisdom and guidance on our journey towards reconciliation. We have focused our attention on how we can decolonize our spaces and how our work can be used to support the calls to action from the Truth and Reconciliation Commission.

This year we also witnessed our programs grow and evolve. In June we held our first ever Dialectical Behavioral Therapy (DBT) miniseries for children aged 10-13 and their caregivers, an extension of our existing DBT. For the first time ever, this gave younger participants an opportunity to attend a DBT program and acquire new skills. Additionally, we saw an expansion of our Rapid Assessment and Family Therapy Program (RAFT) in partnership with Rural and Northern Child and Family Services. We now offer RAFT services in Selkirk and Beausejour in addition to Steinbach, three days a week.

Aulneau also saw the creation of several new programs and initiatives at our center. Earlier in the year, we were selected by the Province of Manitoba to provide Eye Movement Desensitization Reprocessing (EMDR) services as part of the Manitoba Justice Wellness program. We ran a well-received summer camp program by children and caregivers, we participated for the first time at Pride, and we started our first ever family literacy program.

We continue to be thankful for the commitment and dedication of our team, our board, students, and volunteers. We are also grateful for the continued support of our partners and stakeholders who assist us in supporting the communities we serve. We look forward to continuing with our mission and seeing what 2024 will bring.

- Elizabete Halprin

AULNEAU ACKNOWLEDGEMENT & APOLOGY

Aulneau Renewal Centre would like to acknowledge and offer a sincere apology to all First Nations, Inuit and Red River Metis Peoples, past and present, who have been harmed by the policies of colonization that led to the separation of Indigenous families, cultural genocide, and forced assimilation, actions that have continued to impact Indigenous Peoples to this day.

Aulneau was founded in 1979 by the Missionary Oblate Sisters of St. Boniface. In 2021, the General Superior of the Missionary Oblate Sisters apologized for the role of the Oblate sisters in the Residential School System here in Manitoba.

In 1998, Aulneau was separately incorporated as a bilingual not-for-profit charitable organization, and in 2012, it became a Sponsored Community of Service under the Réseau Compassion Network. As such, Aulneau has directly benefited from the Oblate sisters and the Catholic Church. We recognize the positions of power and privilege we have held and still hold.

Aulneau's reconciliation journey is an important part of meeting our participants' needs. Recognizing we can support and enact change, we are dedicated to moving forward in reconciliation with Indigenous communities. By doing so, we are committing to the following Calls to Action outlined by the Truth and Reconciliation Commission of Canada:

Professional Development and Education: Call to Action #92, iii:
We understand our role will be to better understand the impact and ongoing traumas of the residential school system, and how they impact Indigenous Peoples today. Through regular education and dialogue with community, staff and board, we will create and support systems to prevent these wrongs from happening again and address the inequities that currently exist. To support this, we have established an organization-wide Truth and Reconciliation Committee which meets regularly to discuss and explore how we can work together as an organization to educate ourselves as well as decolonize the workspace in which we operate. Recommendations on specific actions to be taken will be forwarded to the Board for discussion and approval.

Continue.....

AULNEAU ACKNOWLEDGEMENT & APOLOGY

Business and Reconciliation: Call to Action #92:

We recognize the importance of establishing and maintaining reciprocal relationships with Elders and Indigenous leaders in our communities. Deeply valuing the expertise and guidance they are willing to impart to us, we recognize the importance of their role in helping us work in the spirit of reconciliation, as well as assisting us in working towards creating culturally safer spaces. This includes, but is not limited to, endeavouring to decolonize language, policies and procedures that we use. We also value and understand the importance of representation and diversity on our team. Aulneau remains committed to hiring and investing in a diverse workforce. This includes our ongoing effort to recruit Indigenous staff and board members.

Child Welfare: Supporting Calls to Actions #1 and #3:

We are committed to our work in keeping Indigenous families together. Through our Dragonfly program we aim to help families develop strong, enduring relationships with one another. Relationships in which each individual's sense of security can flourish and be nurtured. By establishing a committed team of therapists and parent coaches, our goal is to strengthen attachment and increase attunement between caregivers and their children to aid in reunifying families.

We also remain dedicated to the implementation of Jordan's Principle at our offices. Knowing the historical context of service denial and delay when it comes to Indigenous children receiving care, through Jordan's Principle our therapists work to provide timely, supportive approaches to ensure Indigenous children and youth receive quality therapeutic services when they need them.

Our reconciliation journey is an ongoing priority for our organization. We know that reconciliation is not one destination, but rather a series of destinations, each bringing with it opportunities for all of us to learn and grow, and to become confident and competent in our capabilities as an organization. Each year, Aulneau Renewal Centre will highlight, in its annual report, the actions taken in the spirit of reconciliation and will discuss with Réseau Compassion Network any further actions being considered for the future.

DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP

In 2023, the DBT skills group team at Aulneau Renewal Centre moved into its third year of DBT skills programming, continuing to offer DBT skills groups to teens aged 13 - 18 and their caregivers on a weekly basis. The aim of our DBT skills group is to teach skills to teens and caregivers in the following domains: mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness, and walking the middle path. Throughout 2023, we maintained the group structure that we had established in the fall of 2022, during which we held simultaneous weekly sessions for our teen participants and our caregiver participants in separate group environments so that everyone learned the same skills while still having a safer place to explore their thoughts and feelings.

From January to April, we ran the second half of our 24-week program, which began in September 2022. During our final session in April 2023, we held our graduation ceremony for our participants. The majority of these participants were new to the group that year, but we also had some repeating participants from the 2021 - 2022 programming year who wanted to continue exploring the material. Watching our participants share with and learn from each other and being able to witness everyone's growth over these past 24 weeks was a gratifying experience for all of us on the DBT skills group team.

In the summer of 2023, during which our regular 24-week program was on hiatus, we launched a new project which we referred to as the DBT Mini-Series Group. This was a 6-week program for children aged 10 - 13 and their caregivers, during which we provided a brief introduction to some of the core concepts from DBT and taught skills that we felt would be most beneficial for these families. This group was well-received by the community overall, and we are looking forward to revamping this program and creating an improved version for the summer of 2024.

As of January 2024, we are currently at the halfway point in our 24-week DBT skills group for 2023 - 2024. We, on the DBT skills group team are excited to continue working with our group participants, and exploring new skills with them over the next 12 weeks.



—Grace Pagtakhan, Therapist and DBT Lead

PRIDE COMMITTEE

This year, Aulneau Renewal Centre launched its Pride Committee, a committee dedicated to actively supporting the local 2SLGBTQIA+ community. In establishing this committee, the initial hope was to create a group of people to march in the annual Pride Parade and walk alongside other mental health organizations to show support to the 2SLGBTQIA+ participants who access our counselling services and to the greater 2SLGBTQIA+ community in Winnipeg. On June 4, 2023, our committee members, along with partners, family, and friends, participated in the Pride Winnipeg Festival by walking in the parade with our banner reading, "You belong here." This was a great opportunity for our Pride Committee to band together and support each other, and as the head of the Pride Committee, I am proud to be a part of Aulneau's first time at Pride. As ARC values inclusion, we on the Pride Committee are hoping to continue our work together in 2024, not only by participating in the Pride Parade, but also by making Aulneau a safer space for our 2SLGBTQIA+ participants moving forward.

—Grace Pagtakhan, Therapist and Pride Committee Chair



RECONCILIATION WORK WITH ELDER LOUISE



This past year Aulneau was very fortunate to work alongside Elder Louise Lavallee in our journey of reconciliation. Our focus included education for staff, exploring ways we could decolonize our spaces and language, and reaffirming our commitment to supporting the Truth and Reconciliation Calls to Action.

WE ARE NOW A CERTIFIED TRAUMA INFORMED ORGANIZATION (CTIO)

In 2022, Aulneau therapists took part in the Integrative Trauma and Attachment Model with Lori Gill from the Attachment Trauma and Healing Centre. We are proud to announce that as of this past October we have become certified as a Trauma Informed Organization. The Integrative Trauma Treatment Model (ITATM)® allows us to work with participants through their trauma experiences in a safe structured way while implementing a trauma and attachment integrative model in our work.

EMDR FOR PROVINCE OF MANITOBA STAFF

Aulneau is pleased to announce that this past February we have been chosen as a vendor to provide EMDR services as part of the Manitoba Justice Wellness Program. We look forward to supporting the Wellness Program.

MODIFIED INTERACTION GUIDANCE (MIG) & DRAGONFLY PROGRAM

We have trained a new group of therapists in the Modified Interaction Guidance Attachment Assessment and Intervention. This is the core of our very successful Dragonfly Program that we offer our participant families for either family reunification or family enhancement. Having additional therapists who will be able to offer this method will amplify our ability to provide this important service to a larger number of families. We are also very grateful for the Family Dynamics Parent Coaching Program, as our partners in expanding this service.

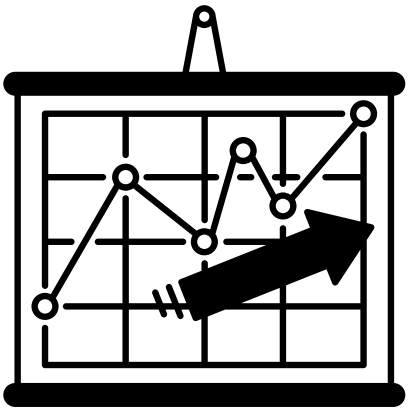
–Csilla Przibislawsky, Clinical Manager

STRATEGIC PLAN UPDATE

This past year, Aulneau contracted the services of Denise Belanger and John Hutton with Inquiry Minded Consulting and successfully completed its 5-year strategic plan. This was a dedicated months-long process which involved input from staff, contractors, board, community partners and participants in our programs. This new strategic plan is built upon three strategic directions, which include:

- **Supporting our Mission:** focusing on the sustainability of the organization.
- **Building our Mission:** focusing on building on Aulneau's strengths of providing client-centered counselling through an attachment-based lens.
- **Extending our Mission:** focusing on meeting the needs of priority populations in accessible and supportive ways. In Aulneau's context, this prioritizes the needs of Indigenous, newcomer, Francophone and BIPOC peoples. At its core, this strategic direction involves understanding reconciliation as well as diversity, equity, and inclusion (DEI). Accomplishing this requires seeing those groups served through an intersectional lens and learning how oppression (power and privilege) and colonization has impacted individuals, communities and systems within mental health.

We look forward to working towards our strategic directions over the next 5 years, guiding us towards our vision of an inclusive community that welcomes and supports people toward resilience, empowerment, and healthy relationships.



FAMILY LITERACY GROUP

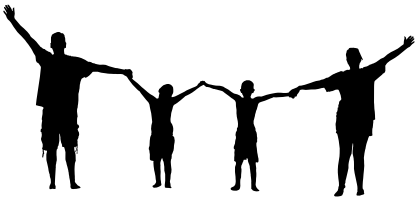


THE WINNIPEG FOUNDATION
For Good. Forever.

Thanks to generous funding from the Winnipeg Foundation's Literacy for Life Grant, Aulneau Renewal Centre was able to roll out our first Family Literacy Program in 2023. This program aims to support families in the development of the foundational skills required to grow family literacy in their homes. Critically, family literacy skills have been shown to facilitate child cognitive development, numeracy skills, and positive social emotional functioning. Moreover, family literacy activities, such as reading and organized play, afford caregivers an opportunity to spend quality time with their children and practice the warm, sensitive parenting practices required to promote secure attachment. Through structured information sessions and engaging activities, the Family Literacy Program exposes children to the exciting worlds of reading and play while supporting caregivers as they engender a love for learning in their children. Moreover, healthy snacks and a *take a book of your choosing home* policy are provided to further support families in the community. In all, our monthly Family Literacy Program sessions are one of the many ways Aulneau supports families, fostering a sense of community, an environment of learning, and providing a fun activity for children and caregivers alike.

-McKenzie Andres, Literacy Group Facilitator

RAFT EXPANSION



RAFT (Rapid Assessment and Family Therapy) was developed in the Summer of 2022 as a response to the high levels of need for rapid intervention within Rural and Northern Child and Family Services intake. It is an intervention for families, foster families, and/or children. Therapeutic services are brief (5-6) sessions, and they begin with collaboration of goals of contract with the goals of the participant. There are multiple therapeutic modalities employed by the clinicians in order to provide best practice in delivery of services. After the sessions are finished, the clinician writes a report to the case worker recommending to either continue agency support or to refer to other supports within the community.

Due to the continued high level of need for therapeutic support for families in the Rural and Northern Child and Family Services region, the RAFT program added a second clinician in April of 2023. The program is now able to accommodate larger numbers between the two clinicians practicing in Steinbach. The success of the program continued, as RAFT added a third clinician in the Selkirk/Interlake/Beausejour region in December. We are looking forward to continuing to see the program flourish.

- Casey Ludwick, Therapist

SUMMER CAMP 2023

Thanks to funding from the Reseau Compassion Network, NorWest Co-op, Manitoba Urban Green Team, and Canada Summer Jobs, Aulneau is excited to announce that our very first kids summer camp was a great success! The camp ran a total of eight weeks from July 4 to August 24 for children ages 6-12. The camp coordinator and the camp mentors ensured that the 65 registered campers enjoyed their days by planning out many different activities, such as arts & crafts, sports, excursions, and more!

Camp staff made sure to explore what the St Boniface neighborhood had to offer! From visiting The Forks nearby, to going to Provencher Park, and exploring the St. Boniface Museum, campers had a lot of fun! Other notable events in the camp included a visit from the Prairie Wildlife Rehabilitation Centre where the camp made some animal friends with an owl and a tortoise, and an Assiniboine Zoo excursion on the last day of camp!

– *Danielle Nicanor*, Summer Camp Coordinator

> "This is the best summer camp I've been to!"
>
> Quote from camp attendee

















YEAR IN REVIEW: PROGRAM STATISTICS

16 PROFESSIONAL DEVELOPMENT WORKSHOPS with **262** PARTICIPANTS IN ATTENDANCE

&

1016 INTAKES

6464 COUNSELLING SESSIONS

306 GROUP SESSION HOURS



COMMITTED TO OUR FINANCES

STATEMENT OF FINANCIAL POSITION

Assets	2023 ($)	2022 ($)
Current Assets		
Cash and bank (Note 3)	35,097	41,833
Investments (Note 4)	38,917	65,171
Accounts and grants receivable (Note 5)	107,230	123,974
Prepaid expenses	6,047	2,567
	187,291	233,545
Restricted investments (Note 4)	470,000	470,000
Capital assets and intangibles (Note 6)	99,073	89,146
	756,364	792,691
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	104,294	95,713
CEBA loan payable (Note 7)	-	40,000
Deferred contributions	15,578	41,954
	119,872	177,667
Deferred contributions related to capital assets and intangibles (Note 8)	77,858	67,934
	197,730	245,601
Commitments (Note 9)		
Net Assets		
Unrestricted	67,419	55,878
Internally restricted net assets (Note 10)		
Fiscal reserve	100,000	100,000
Special projects	370,000	370,000
Invested in capital assets and intangibles	21,215	21,212
	558,634	547,090
	756,364	792,691

COMMITTED TO OUR FINANCES

STATEMENT OF OPERATIONS

	2023 ($)	2022 ($)
Revenue		
Grants (Notes 11 and 12)	754,431	865,324
Counselling	496,127	501,949
Interest and other	74,670	27,771
Workshops and training	48,253	37,817
Amortization of deferred contributions related to capital assets and intangibles (Note 8)	23,376	12,935
Donations and fundraising	13,423	13,548
Therapy group	7,910	10,650
	1,418,190	1,469,994
Expenses		
Salaries and benefits	954,189	884,996
Contract services	162,906	200,321
Administration (Note 11)	131,970	178,057
Building maintenance	55,289	53,740
Amortization	29,381	14,917
Travel	25,947	16,893
Information technology	22,010	22,628
Program	21,796	10,049
Professional development	3,158	43,250
	1,406,646	1,424,851
Excess of revenue over expenses for the year	11,544	45,143

STATEMENT OF CHANGES IN NET ASSETS

		Internally Restricted (Note 10)				
	Unrestricted	Fiscal Reserve	Special Projects	Invested in Capital Assets and Intangibles	2023 Total	2022 Total
	$	$	$	$	$	$
Balance, beginning of year	55,878	100,000	370,000	21,212	547,090	501,947
Excess (deficiency) of revenue over expenses for the year	17,549	-	-	(6,005)	11,544	45,143
Interfund Transfers						
Acquisition of capital assets	(6,008)	-	-	6,008	-	-
Balance, end of year	67,419	100,000	370,000	21,215	558,634	547,090

All for the year ended December 31

THANK YOU

TO OUR FUNDERS & DONORS

Donors and Grant Funding:

- Blennerhassett Family Foundation
- Canada Summer Jobs
- Catholic Foundation
- Dorais Charities
- Mental Health and Community Wellness – Province of Manitoba
- Reseau Compassion Network
- Urban/Hometown Green Team – Province of Manitoba
- Winnipeg Foundation
- Youth Employment Supports for Success – Nor West Co-op Community Health

Personal Donations:

- Debbie Neufeld
- George Rajotte Family
- Wade and Jacinthe Wiebe

SCAN TO DONATE

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AULNEAU.COM

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