



**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



**Canadian Mental  
Health Association**  
Edmonton  
*Mental health for all*



### OUR VISION

Mentally healthy people  
in caring communities



### OUR MISSION

Building healthy and resilient  
communities by providing  
mental health services,  
education resources and  
crisis intervention



### OUR VALUES

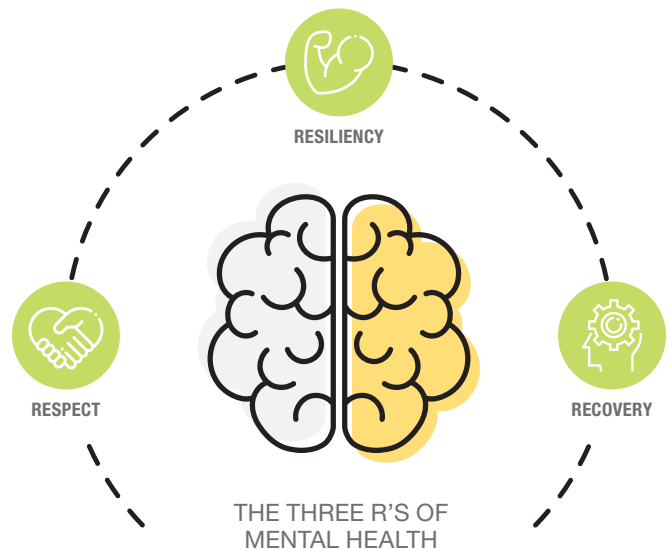
Social justice and inclusivity  
Empathetic, respectful  
relationships  
Collaboration and partnerships

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# Message from the Organization



CMHA Edmonton exists to build community and connections that support mental health for everyone. No one can do it alone. Partners, funders, volunteers, donors, advocates—everyone plays a part. When we all work together, transformative things are possible. Two projects in particular stand out.

The first is the 30th annual Canadian Association for Suicide Prevention Conference, which we were proud to co-host along with CASP and The Centre for Suicide Prevention on October 15–18, 2019. The conference’s theme, Reconciliation: Honouring the Other, focused on fostering supportive individual relationships, engaging priority populations, being present to suicide survivors and the grieving, and nurturing the suicide prevention network of committed individuals across Canada. The forum connected research and evidence-based practice with lived experience. This conference demonstrated the advanced work of the Edmonton community in suicide prevention.

The second is the extraordinary growth and impact of the 211 service during the greatest public health crisis in generations. The Government of Alberta’s expansion of 211 in Alberta dramatically increased our impact throughout the northern half of the province. As the operators of 211 for northern Alberta, we connected people and community groups in need with a broad range of community and social services. Since the expansion happened just prior to the start of the COVID-19 pandemic, CMHA Edmonton was positioned to be a frontline resource during the pandemic. In addition to call and text, the option to access 211 online via chat was expanded.

These and other results outlined in this report are a testament to the generosity and commitment of our funders, donors, volunteers, board members, staff, and community partners. As we move forward, COVID-19 will present both unique challenges and opportunities to reimagine how we empower engagement. Our expansion of online service delivery and support will continue to address critical mental health needs in our community and ensure that anyone who needs it can access support.

**TERENA DELANEY**  
*Board President*

**IONE CHALLBORN**  
*Executive Director*

## Board of Directors

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**Nancy Reynolds**, Vice President

**Michael Chorley**, Treasurer

**Hana Marinkovic**, Secretary

Andrew MacIsaac

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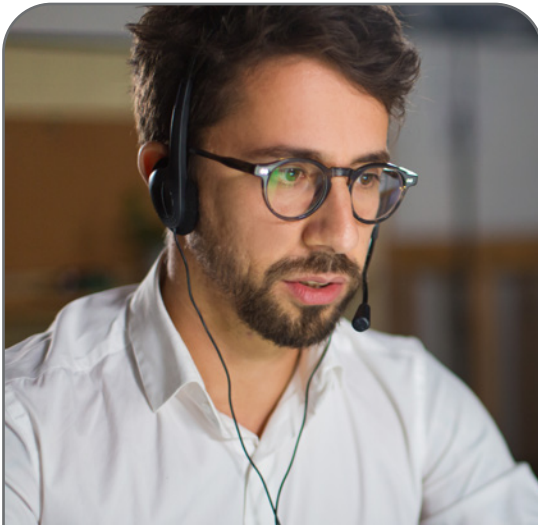
Karen Galenzoski

Kathleen McCabe

Kevin Wong

Megan Kheong





  
**15,363**  
DISTRESS LINE CALLS

**650**   
ONLINE CRISIS CHATS

  
**936**  
SENIORS ABUSE  
HELP LINE CALLS

**92**   
DISTRESS  
LINE  
VOLUNTEERS TRAINED

## Distress Line

Asking for help can be the hardest step to access mental health support. But thanks to dedicated and highly trained Distress Line volunteers, and the staff who support them, an empathetic voice is waiting for every Albertan, any time day or night.

Distress Line volunteers provide emotional support, resources, and a plan forward. They literally save lives. Volunteers offer compassion and understanding. They bring a passion for the cause of mental health and building community to their work.

*“I constantly use the skills I learned [in training] in my daily life as well as at my work as a child and youth care worker. I learned invaluable skills.”*

– **ADRIANNA**, DISTRESS LINE VOLUNTEER

For callers, the Distress Line offers assessment of their risk of suicide and domestic violence wherever they need it. The Line also offers a follow-up check-in call to support the resiliency plan and bolsters their sense of a community of caring. Compassion combined with an action plan and community supports helps people in need know that they're not alone.

*“I had an amazing conversation and you were very patient. You walked through my problem with me. It really helped change my mindset a lot and it really motivated me. I went to bed that night and woke up the next morning with a lot more hope.”*

– **WILLOW**, DISTRESS LINE CALLER

# Advocacy and Wayfinding

Mental health is complex. Sometimes we don't know where to begin when facing a challenge. For those with lived experience of mental illness, as well as their families and caregivers, our Advocacy and Wayfinding staff provide one-on-one support to connect them with resources to address their individual needs. Our team also helps with completing applications or understanding the appeal process for financial assistance or landlord/tenant concerns. Staff mentor people to champion their own causes and to be their own advocates. Getting connected to the right program or service, whether it be low-cost therapy or employment training, can make a world of difference for a person and their family. Mental health education and support for caregivers, locating affordable housing and subsidies, landlord and tenant concerns, identifying programs for mental health recovery, and education and employment training are among the services provided to clients.

*"I want to thank you for being so helpful. You're really connected and it's been great to get all these resources."*

– JEFF, CALLER



**907** CLIENTS



**94%**

OF CLIENTS SAY THEY FEEL SUPPORTED WHEN THEY ACCESS ADVOCACY AND WAYFINDING SERVICES



**211**<sup>®</sup> **71,401**  
211 CALLS AND CHATS

**72,553**   
REFERRALS PROVIDED

 **4,307**  
SENIORS INFORMATION  
PHONE LINE CALLS

**1,136**   
24/7 CRISIS  
DIVERSION CALLS

 **973**  
FAMILY VIOLENCE  
INFORMATION LINE CALLS

**179**   
BULLYING  
HELPLINE CALLS



## 211

Help starts with 211, a 24/7 helpline and online database of Alberta's community and social services. The service provides answers to questions on everything from home assistance for seniors to the food, financial, and mental health supports available to address basic needs. Plus, 211 dispatches the Crisis Diversion Team to help people who may be in distress. It also helps people trying to build meaningful relationships through recreation programs, social clubs, and support groups.

All this is possible due to teamwork. It starts with data curators researching the programs and services available in a community and then entering that data into 211's systems. Next, community resource specialists answer questions to bridge the gap between those in need and those who can help. For some callers, 211 is a last resort that becomes the first call next time.

*"I'm so grateful I found out about you. You have been a wonderful help and I'm so grateful you listened and had a suggestion of what to do next. This service is invaluable."*

– JASMINE, CALLER



# Housing

Understanding a tenant's recovery journey and working with their community supports to maintain their independence is the heart of our housing model. As a supportive landlord, we provide homes for tenants living with mental illness who are in need of affordable housing. A welcome basket greets each new tenant as an introduction to a culture of caring and helping with their basic needs. This gesture is greatly appreciated and eases the transition to a new place for tenants.

A sense of connection to a larger community is vital to addressing social isolation for tenants. Long-term tenancy encourages the development of connections among neighbours who they see on a regular basis. Tenants also become familiar with the neighbourhood in which they live, promoting positive feelings of belonging and the development of routines.

*"I can't express how happy I am daily to come to a beautiful home. I am thankful for the home I have and the joy you have brought into my world."*

– SONJA



**16** NEW TENANTS



LENGTH OF TENANCY  
10 YEARS+:  
**31%**



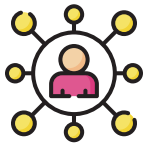
**140** ADULTS AND  
**13** CHILDREN





## 5 PEER ACTIVITY GROUPS

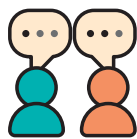
Karaoke, Limber Up, Reading Group, Scrapbooking Fun with Paper, and Textile Open Arts Studio.



**300** INDIVIDUALS IN CAREGIVER CONNECTIONS



**31** SESSIONS



**18** INDIVIDUALS RECEIVED ONE-ON-ONE PEER SUPPORT

# Peer Support Services

Peer Connections offers people who live with the symptoms of mental illness opportunities to develop skills in drop-in leisure, recreational, and social groups. This year, the Textile-Based Peer Support group welcomed the opportunity to provide two silent auction collaborative pillows for the CASP Conference. By linking program participants with agency activities, in this case a national conference, our peer groups contributed to the healing process of others through art.

*“We celebrate the joy that is present in our busy, tactile work and welcomed the opportunity to support the CASP Conference. We believe that art can assist in the healing process not only for the creator of the textiles but also for the person who enjoys the textile arts in their home.”*

– **CASSANDRA,**  
PEER SUPPORT GROUP PARTICIPANT

Caregiver Connections offers parents, partners, and caregivers the chance to learn new skills, gain support, and cope with the unique challenges of caring for a loved one with mental health concerns or an addiction. Participants often say they feel like they belong after attending the drop-in group meeting. They are surrounded and supported by people who understand. They feel comfortable to share openly—and to listen.

*“Caring for a family member who is mentally ill can be frustrating. I desperately need a group to help me learn coping skills and to talk to others facing similar challenges. Thank goodness for this group.”*

– **KATHYRN,**  
CAREGIVER CONNECTIONS PARTICIPANT



# Recovery College

Recovery College inspires learners to develop a broader range of coping skills and knowledge to address challenges and reach self-identified goals. For some learners, that means forming a social identity through greater engagement with others. Navigating the complexity of interpersonal relationships of everyday life can be tough. One course focuses on understanding the fundamentals of friendship to help learners connect in a meaningful way with others. Another explores setting and respecting boundaries in a relationship.

In order to increase the College's reach into diverse communities, we engaged community partners this year to provide additional locations for classes. By breaking down barriers to participation and providing a safe and welcoming space, the College offers learners the opportunity to transforming their lives through skills-based learning modules. Accepting people where they are in their journey and sharing knowledge offers improved health and social outcomes, leading to emotional and spiritual growth.



6

COURSES

813

LEARNERS



COMMUNITY  
SITE PARTNERS:

Bissell Centre,  
Boyle Street Community Centre,  
Mosaic Centre, The Family Centre,  
L.Y. Cairns, County of Strathcona FCSS,  
Stony Plain FCSS, REACH Edmonton

*"I felt a relaxed, harmonious feeling from the other members [in the class] knowing they have had similar experiences and faced similar challenges. The instructors were excellent, empathetic, and comforting. They listened to us and challenged our thoughts in a positive way."*

– INGRID, LEARNER



**246**

IN BEREAVEMENT SUPPORT



**154**  
SESSIONS



**29** IN SUICIDE  
CAREGIVERS SUPPORT



## Suicide Grief Support Services

We provide year-round group sessions to support those grieving the loss of a loved one to suicide. For people caring for someone who has attempted suicide, we offer group sessions and in-person support. In these venues, participants can share and talk in confidence with one another, and connect with people going through similar experiences.

*“This group is the only place where I can come and talk about my child and be around other people who have also gone through a similar loss.”*

- ILENE



## An Evening to Remember

On November 15, 2019, the community gathered at the University of Alberta for the annual Evening to Remember to honour and remember lives lost to suicide. Mothers and fathers; brothers and sisters; sons and daughters; aunts and uncles; and friends and neighbours all joined together to laugh, cry, celebrate and mourn. A community gathered in remembrance witnesses the enduring power of love and connection.



## Suicide Intervention and Mental Health First Aid Training

These courses teach people about suicide, mental health, and substance-use issues so that they can identify, understand, and act when needed. Like CPR, these courses cultivate the basic human response of helping others—in this case, by providing the necessary mental health skills to offer initial support until appropriate professional help is received or until the crisis resolves.

*“This workshop done a great job to equip me with the knowledge and skills I need to work with individuals thinking of carrying out suicide. I am very grateful for what I learned.”*

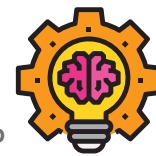
– HAROLD, WORKSHOP PARTICIPANT

**1,020**  
APPLIED SUICIDE  
INTERVENTION  
SKILLS TRAINING



**249**  
MENTAL HEALTH  
FIRST AID

**55**  
ASIST  
TUNE UP



**16**  
TATTERED  
TEDDIES



**24**  
SAFE TALK



# Fundraisers

It takes a community to promote mental health. We are grateful for the support of sponsors, participants, and attendees who made events like the Distress Line Breakfast, Mental Health Classic Golf Tournament, and Have a Heart reception a success.

Many individuals and groups also support our work through third-party fundraising efforts. We appreciate their efforts to build bridges between us and their social networks. Whether they hold Facebook birthday fundraisers, bike rallies, education or food events, they invite us into their lives and introduce us to new people to speak with about the importance of mental health.

One ally of note this year is the re-established CMHA University of Alberta Student Group. Their Mind Over Matter Run in September 2019 raised \$5,620 for our programs. Throughout the year they also highlighted mental health as foundational to everyone's life, both inside and outside the classroom. Their passion, and that of all of our third party supporters, presents us with diverse opportunities to highlight how we address community needs.

*"I am beyond thankful to have been part of the incredible CMHA UofA Student Group team that raised mental health awareness among the student population and surrounding community. Supporting the Distress Line was a cause that all of us care so passionately about."*

– MEGAN



# Volunteer Support

We are grateful for all the volunteers who give their time and skills to our organization throughout the year. Without them, we couldn't offer the programs and services we do. Overall, our volunteers contributed more than 25,000 hours of time – the equivalent of more than 1,000 days – to support our initiatives. The majority of that is through volunteering on the Distress Line, though all volunteer work is essential, from helping raise funds at events and through gaming, to serving as peer leaders and at information booths.



## THANK YOU TO ALL OF OUR VOLUNTEERS FOR EVERYTHING YOU DO!

- |              |               |              |             |             |
|--------------|---------------|--------------|-------------|-------------|
| Aaron G.     | Darcy R.      | Jakia J.     | Marla P.    | Rachel K.   |
| Abner B.     | Darcy S.      | Jane C.      | Martene W.  | Rachel T.   |
| Adelle M.    | Darryl W.     | Jaqueline B. | Marysia S.  | Raj B.      |
| Alec W.      | Daniel A.     | Jasmine N.   | Mat G.      | Raymond Y.  |
| Alannah P.   | Dave H.       | Jasmine S.   | Matt L.     | Richard B.  |
| Alexa B.     | David J.      | Jason G.     | Matthew M.  | Robert S.   |
| Alexander T. | David K.      | Jason Y.     | Maya R.     | Rod M.      |
| Amy L.       | David M.      | Jason P.     | McKenna G.  | Ryaan E.    |
| Amy P.       | David P.      | Jeanette L.  | Meaghan O.  | Ryan G.     |
| Amanda N.    | Dawn C.       | Jenessa G.   | Megan P.    | Ryan W.     |
| Ana C.       | Deanna M.     | Jenna B.     | Megan R.    | Sadra A.    |
| Anamari K.   | Delane L.     | Jenna P.     | Melissa T.  | Sam B.      |
| Andrea V.    | Denae D.      | Jennifer F.  | Melissa T.  | Samantha F. |
| Anne W.      | Denelle G.    | Jeremy F.    | Mia V.      | Samantha W. |
| Ashley A.    | Desmond B.    | Jessica C.   | Michael H.  | Samira Z.   |
| Ashley C.    | Devin S.      | Jihe L.      | Michael L.  | Samuel S.   |
| Ashley P.    | Dia C.        | Jonn K.      | Michael L.  | Sarah F.    |
| Ashley T.    | Divya P.      | Jordan B.    | Michelle G. | Sarah G.    |
| Benjamin W.  | Donna C.      | Josee C.     | Michelle Z. | Scott N.    |
| Bonnie G.    | Duc P.        | Joseph J.    | Monique O.  | Selina V.   |
| Brett E.     | Elena C.      | Joyce H.     | Morgan D.   | Siciida I.  |
| Brian C.     | Elizabeth M.  | Julia F.     | Naima R.    | Shani H.    |
| Bridget J.   | Emanuelito T. | Karri M.     | Nancy D.    | Shawna E.   |
| Cameron D.   | Erica P.      | Katherine A. | Nancy H.    | Shiona C.   |
| Cameron S.   | Eva H.        | Kristin H.   | Nancy R.    | Shirley H.  |
| Camille T.   | Eva V.        | Kristin M.   | Nancy Y.    | Sunpreet D. |
| Carice B.    | Ewa J.        | Kym T.       | Natalie M.  | Susan Z.    |
| Carrie W.    | Farah J.      | Kyneeshaw B. | Neely S.    | Sydney M.   |
| Cassandra H. | Farzaneh R.   | Larry I.     | Neha B.     | Sylvia F.   |
| Cassidy J.   | Fatme E.      | Lauren N.    | Nicole H.   | Tanaura S.  |
| Cassie S.    | Glenda J.     | Leslie T.    | Norah W.    | Tanner R.   |
| Catherine W. | Gloria P.     | Lina M.      | Oana H.     | Tara R.     |
| Cathy J.     | Hailey C.     | Lindsay H.   | Olga G.     | Terri B.    |
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| Christina S. | Holly H.      | Marion R.    | Payton C.   | Tiffany S.  |
| Colleen C.   | Hunter V.     | Marissa K.   | Percy P.    | Trina C.    |
| Courtney S.  | Igor Z.       | Mark H.      | Petra L.    | Viktoria W. |
| Crystal W.   | Jade P.       | Mark M.      | Phil H.     | Vivian L.   |
| Cynthia B.   | Jake D.       | Mark S.      | Rachel D.   | Yue Xin G.  |

# Financial Support



## FUNDERS AND GRANTS 2019/20

Alberta Health Services  
 Alberta Human Services  
 Alberta Seniors and Housing  
 Capital Regional Housing  
 CMHA Alberta Division  
 CMHA Calgary - Recovery College  
 City of Edmonton-Family and  
 Community Support Services  
 City of Edmonton-Living Hope  
 Edmonton Community Foundation  
 Edmonton Public Teachers  
 Association  
 Epcor  
 Homeward Trust  
 Johnson and Johnson  
 LeCapital  
 Mental Health Commission  
 REACH Edmonton Council  
 Royal Alexandra Hospital Employees'  
 Charitable Fund

The Family Centre  
 of Northern Alberta  
 The Home Depot  
 The United Way Alberta  
 Capital Region  
 Vermillion and Area Crisis and  
 Kids Help Line  
 211 City of Leduc  
 211 City of Spruce Grove Family and  
 Community Support Services  
 211 Leduc County Family and  
 Community Support Services  
 211 Parkland County  
 211 Some Other Solutions  
 211 The Town of Banff  
 211 The United Way of Central  
 Alberta  
 211 Town of Stony Plain Family and  
 Community Support Services  
 211 Yellowhead County



## DISTRESS LINE BREAKFAST SPONSORS

### Presenting

Bell Let's Talk

### Gold Sponsors

Cameron Development  
 Alberta Blue Cross

### Bronze Sponsors

ATB Financial  
 Cashco



## HAVE A HEART SPONSORS

### Roof Sponsors

Bell Let's Talk  
 Cameron Development Corporation

### Door Sponsors

Anthem United  
 BIS Training Solutions  
 MLT Aikins

### Window Sponsors

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 CompuVision  
 Hudson's Canada Pub  
 Kingston Ross Pasnak  
 Metrix Group LLP  
 Results Canada

### Key Sponsor

Norsemen

### Printing Sponsor

Pioneer Press



## MENTAL HEALTH CLASSIC GOLF SPONSORS

### Presenting Sponsor

Volvo of Edmonton

### On-the-Green

BMO Wealth Management  
 Cameron Development Corporation  
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Thompson Infrastructure

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 TAG Developments  
 Wilco Contractors Northwest Inc

### Home for Birdies Sponsors

Feist Enterprises  
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### Printing Sponsor

Pioneer Press Ltd.

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## DONORS

### \$5,000+

Estate of Nicolas Robert Stack  
 ATCO Electric  
 ATCO Electric Distribution EPIC  
 2018 campaign  
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 Canadian Brewhouse  
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 Jim and Nancy Hutton  
 Johanna Poultney / Renegade  
 Riot Moto Rally  
 Mood Disorders Society of  
 Canada  
 PayPal Giving Fund Canada

Konecranes Canada Inc.  
 Loril Scragg  
 Mike Connolly  
 Norman Bishop  
 Peter Daly  
 Peter Dawson  
 RBC  
 Richard L. Macswaig  
 Rick Young  
 Salim Esmail  
 Shawna Beckett  
 Terena Delaney  
 Tony Gnanasiamany  
 U of A CMHA Student Group

### \$1,000 to \$4,999

ATCO Electric Transmission  
 EPIC 2018 campaign  
 Allan Rowswell  
 ATCO Ltd.  
 Benevity Giving  
 Boston Pizza Foundation  
 Brian Olafson  
 Capitans Ride  
 Carolynne Bruha  
 Cherie Laplante  
 CIBC  
 Craig Ryan  
 Delaney-Chapple Support  
 Network Fund  
 Della Fontaine  
 Edmonton Community Foundation  
 Slavik Family Fund  
 Edmonton Strathcona Lions Club  
 First Responders' Appreciation  
 BBQ Fundraiser  
 Fondation Les Roses De L'Espoire  
 Fred Patton  
 Gen and Jason Segger  
 Hodgson Schilf Evans Architects  
 Hope City Church/The Project  
 Interpreting Consolidated  
 (Martha Taylor)  
 Jan Young  
 Joan Wright

### \$500 to \$999

Outrun the Stigma  
 Aecon-Flatiron-Dragados-EBC GP  
 (AFDE)  
 Alberta School Employee  
 Benefit Plan  
 ATCO Electric - Transmission  
 Averie McNary  
 Bantrel Social Club of Edmonton  
 Barb Strange  
 Black Tusk Athletics  
 Brent Bailey  
 Bruce & Tamara Buckwold  
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 CHIMP:Charitable Impact  
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 Pensioners Fund  
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 GardaWorld  
 Intact Insurance

James Atton  
 Jennifer Ashton  
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 Karen Anne Platten  
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 Keith Poelzer  
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 Maslyn Dansereau  
 One Love Event  
 Palm Tree Investments  
 Peter Wright  
 Philip Butterfield and  
 Karen Dyberg  
 Renegade Riot Moto Rally  
 Ronald Fornal  
 Rosalie Russnak  
 Ross Undershute  
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### \$250 to \$499

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 Christopher Batdorf  
 Cindi Graf  
 Colin Northcott  
 Collette Ostler

Croatia Hajduk  
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 David and Joan Laurie  
 David Bell  
 Donalda Farwell  
 Douglas Hughes  
 Erin Waugh  
 Full Circle Apparel  
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 Joshua Fortner  
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 Kate and Darrell Blimke  
 Ken A. Freier  
 Kenneth Skeith  
 Krista Boulton  
 Marie Lucille Belzil and  
 Robert Robinson  
 Medicine Shoppe Pharmacy #103  
 Michelle Brandt  
 Miranda Nobbs  
 NAIT  
 Natalie Lynch  
 Nathalie Mercier  
 Parlee McLaws  
 Peter Chiu  
 McCalders Mental Wellness  
 Foundation  
 R. Scot Rutherford  
 Rhonda Nedelle  
 Richard J. Spellisey  
 Richard Marc Houle  
 Rod Cannop  
 Ryan Creran  
 Sandra MacPail  
 Sandy Done  
 Shannon Chalifoux  
 Susan Rockwood  
 Talk Today (CMHA Ontario)  
 Timothy Cartmell  
 Trevor Lukey  
 Valerie Warke  
 Wanda Fawcett  
 Wayne and Glenda Sartore  
 William McCay

## \$100 to \$249

Colin MacIntyre	Eric Hermanns	Laura Kate Jeffreys	Northgate Public Health Centre
Alice Lee	Erin Kuebler	Laurence Willett	On line Giving
Aliette Mau	Evan Mazur	Laurie Kanerva	Oryst Berezan
Allan Wachowich	G.W. Rocholl	Leonard G. Jacobs	Pamela Brown
Amelia Peddie	Gail Faulkner	Leonard Jacobs	Patrick Mastcomatteo
Amy Obgen	Gary Byrtus	Lesley Ripley	Paula Whittle
Andrew Booth	Geoff Hanowski	Lesslie Ingledew	Phyllis Tims
Ann Olsthoorn	Geoff Prince	Linda Chupka	Polly Chow
Ante and Mary-Beth Jankovic	Geoffrey Allan	Linda Johnson	Raafay Tariq
Anthony Atkinson	Gerry Borle	Lindsay A. Tremblay	Randy Parks
Ardrossan School Staff	Glen Baprie Memorial Golf and BBQ	Lindsay Dodd	Rany Parnmukh
ATCO Electric - Distribution	Greg Greenough	Lindsay Fenwick	Ravedh Seeberath
Austin Lazarenko	Greg Klak	Lisa Heighington	Ravinder Thind
Barbara Anderson	Greg Swecera	Lois Stefaniuk	Richard and Marjorie Sandilands
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Brad Onofrychuk	Irene Welsh	Lucille Belzil	Rob Reynolds
Braiden Redman	Isabel Bernete	Malcolm Engelman	Roland Glatz
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<b>STATEMENT OF FINANCIAL POSITION</b> As at March 31	<b>2020</b>	<b>2019</b>
<b>CURRENT ASSETS</b>		
Cash	\$2,893,313	\$2,059,595
Receivables	219,088	105,291
Prepaid expenses	120,136	110,945
<b>Total</b>	<b>3,232,537</b>	<b>2,275,831</b>
<b>INVESTMENTS</b>	1,465,184	1,733,844
<b>CAPITAL ASSETS</b>	6,021,900	6,203,318
<b>Total Assets</b>	<b>10,719,621</b>	<b>10,212,993</b>
<b>LIABILITIES</b>		
Accounts payable	\$266,292	\$265,350
Deferred contributions	4,332,279	3,852,961
Debt	1,665,195	1,717,531
<b>Total Liabilities</b>	<b>6,263,766</b>	<b>5,835,842</b>
<b>NET ASSETS</b>		
Invested in capital assets	\$1,171,428	\$1,184,563
Unrestricted	1,068,922	1,006,880
Internally restricted	987,154	957,357
Endowment	1,228,351	1,228,351
<b>Total Net Assets</b>	<b>4,455,855</b>	<b>4,377,151</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$10,719,621</b>	<b>\$10,212,993</b>

<b>STATEMENT OF OPERATIONS</b> Year Ended March 31	<b>2020</b>		<b>2019</b>	
<b>REVENUE</b>				
Grants	64%	\$3,088,299	68%	\$3,076,865
Fundraising		722,057		537,769
Rent		524,119		492,473
Fees for service		364,736		324,259
Management fees		97,725		98,000
		<b>4,796,936</b>		<b>4,529,366</b>
<b>EXPENSES</b>				
Salaries & benefits	58%	2,715,687	56%	2,586,794
Building occupancy	14%	658,327	16%	731,730
Program and educational		393,245		410,549
Amortization		235,325		250,468
Office and administration		305,362		286,553
Consulting and professional fees		100,929		103,435
Interest on debt		51,761		53,401
All other expenditures		248,262		169,279
		<b>4,708,900</b>		<b>4,592,209</b>
<b>EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS</b>		<b>88,036</b>		<b>(62,843)</b>
INVESTMENT INCOME		(9,332)		104,372
<b>EXCESS OF REVENUE OVER EXPENSES</b>		<b>\$78,704</b>		<b>\$41,529</b>



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