



HEARING
THE VOICES OF
CHILDREN

THE TERESA GROUP
ANNUAL REPORT
13/14



Message from the President

MISSION STATEMENT

**The Teresa Group
advances the dignity
and well-being of
children and their
families affected by
HIV and AIDS.**

Message from the President

What another great year for The Teresa Group. When I think of our achievements over the past year, I am once again filled with admiration for the trust the clients have of us, our dedicated staff who are constantly looking for new ways to respond to our clients' needs, the volunteers who say 'yes of course' when we call and our donors who understand that there are so many great causes out there but they continue to see the value of supporting The Teresa Group.

This year saw the launch of our new logo and website — a new, fresh, relevant look for The Teresa Group. The positive response to the new image has been overwhelming and has energized us all. We invite you to check us out on the web at www.teresagroup.ca if you have not already done so and, as always, we would love to hear your feedback too.

Throughout this annual report you will find evidence of our success and growth as an organization. We quantify our support by presenting the year in numbers but the quotes from clients throughout the report that reflect our impact on their lives are a more important indication of our success.

The Teresa Group is a small team of individuals that impacts so many people. I wish to personally thank our donors, our volunteers and our dedicated staff — Nicci, Wendy, Simone, Constance, Megan, Maureen and Emily — who work tirelessly to serve our community. THANK YOU!



Scott Gibson, Board President

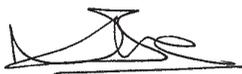
Message from the Executive Director

April 2014 marked my first anniversary with The Teresa Group. What a wonderful year of discovery, learning and re-connecting! Every day I am amazed by the dedication, thoughtfulness and kindness of our smart and caring staff. Working in an organization focused on children is a particularly joyous experience but can also be emotionally difficult when families are facing hardships and challenges. The deep respect shown to our clients by the staff allows our programs and services to grow and develop in line with their needs.

One of the highlights of this past year included our first ever week-long summer camp program. Thanks to our experienced and knowledgeable US partners, the Laurel Foundation, our incredibly energetic volunteer counsellors and our wonderful staff, the camp was an enormous success. This really filled a need with our clients and I am happy to report the planning for summer camp 2014 is underway.

As we continue to serve children and families affected by HIV, we are reminded of the ongoing challenges faced by so many of our clients. The need for practical supports, particularly food, continues to increase, as does interest in and attendance at our various support groups for both children and parents.

Thanks to the staff, volunteers, donors and clients, my first year has been a wonderful experience and I look forward to the years ahead.



Nicci Stein, Executive Director

Our Programs

“For me it’s not only the formula, or the diapers or the things. Do you remember how private I was, I wanted nothing to do with your agency? But you let me know I had a choice, and you were always there to listen to the things that I couldn’t even tell my girlfriends. That is how you won me over. You have always listened and cared. I appreciate that I can pick up the phone and call and know that I will be heard. You guys are amazing.”

Living with or being affected by HIV in the family can be exceedingly difficult for children and families. The Teresa Group programs and services offer many options for support and practical assistance. Support is offered to children, parents and families at all ages and stages of the child’s development from pre-natal support for pregnant women, all the way through childhood and adolescence to young adulthood.

Family Support Program

Our Family Support Program helps by offering practical assistance options such as:

Family Food Program focuses on helping families to provide healthy breakfasts, lunches and snacks for children on a monthly basis.

Back to School Program provides new backpacks filled with school supplies for children and youth in grades 1 – 12 before the start of the school year.

Get Ready for Winter Program provides warm hats and mitts for children.

TTC public transit tokens are available to make it easier for our families to get to medical appointments, school and other services.

Financial Assistance helps families with some of the costs of telephone or utility bills, rent or help with clothing or other necessities for their children.

Welcome Home Baby delivers a new diaper bag, filled with baby clothes, a toy, a blanket and bottles to new mothers while in the hospital or at home.

Diapers are available for infants and toddlers up until the child's third birthday.

Clothing Bank offers new and used clothes as well as a limited number of childcare items such as strollers and car seats.

Birthday Gifts provides toys and games especially for children's birthdays.

“ When I come here I feel at home. I feel comfortable to ask for your help with things for my family when I need them, it's not always easy to ask for help.”

Parents' Club

Parenting....probably one of the most rewarding jobs an adult can have, yet likely the only one that we receive absolutely no training for! Why didn't they tell us that these small bundles of joy grow up and actually challenge parents, often do not listen and leave us worn out at the end of the day! Yes, parenting can be hard, but for many parents living with HIV there are often additional stressors that affect their ability to raise children. These can include having numerous medical appointments, coping with the side effects of medications, being in a new country with few supports, finding housing and trying to navigate school systems. The Teresa Group's Parents' Club is a place for parents to find comfort in the knowledge that there are others who understand what they are going through, particularly how living with HIV can add to the challenge of raising children. The groups are a place to learn new parenting techniques from the facilitators and from one another, to share experiences and most importantly to feel supported.

“ It is great hearing from everyone about their kids and how they manage things, we all need to learn and this is a good place to do it surrounded by the support of people who understand.”

Leap for Success Tutor/Mentor Program

Living in a family affected by HIV and AIDS has an impact on many children's ability to succeed in school. Distracted by thoughts of what might be going on at home and worrying about a parent may compromise their ability to focus and function at school. The “Leap for Success” tutor/mentor program provides students in Grade 2 - Grade 12 with one hour of one-on-one or small group tutoring each week throughout the school year. Dedicated and caring volunteer tutors are the backbone of the program, offering both academic tutoring as well as individual mentoring to the participants.

“ I love coming to tutoring. My tutor is so funny and smart. I have never liked to read before, but my tutor got to know me and what I like to do and she helped me find books to read that are pretty cool.”
(child)

OUR PROGRAMS

Leading the Way Therapeutic group for children

“Leading the Way” is an award-winning therapeutic group for children and youth living with or affected by HIV and AIDS. The groups are available to children/youth ages 5 - 18 and run for nine weeks each spring and fall. Participants have the chance to meet others in similar situations in a fun, safe and supportive environment. The sessions are based on a participatory peer support model and are facilitated by professional counselors. The children and youth who participate in the Saturday morning support groups are dealing with major challenges, and in many cases, big secrets. Through discussion, play, art, theatre and recreational activities these youngsters find friends, support, expert guidance, and a forum for safe discussion. Why do the kids come? Because “Leading the Way” is the one place where they can talk openly, ask questions, and get information about HIV and AIDS (and have fun...)”

“I wish this group went on for ever and ever...”
(6 year old)

“Coming to group helped me to understand who I am. I know that HIV is not who I am.”

Summer Camp

This exciting program was run for the first time in 2013, in partnership with the Laurel Foundation, an organization based in the US that has been working for 20 years to offer camps to children living with or affected by HIV. Forty local children and youth who are living with and affected by HIV were given a chance to connect with peers facing similar challenges, build supports, and most importantly have fun and learn life skills that will empower them to live self-sufficient, independent, productive lives. A camp program offers the necessary peer support system needed for children affected by HIV to thrive. The camp allows the children to have fun, gain a sense of belonging within a supportive community and not feel isolated or discriminated against.

“This [camp] is my lemonade. First I got the lemons [HIV] and now I see that lemonade can be made out of it too” (parent)

“I wish I could live at camp for my whole life” (child)

Direct Counselling Services

Living with or being affected by HIV and AIDS can be very challenging for children and families. It is often difficult for families to discuss the complexities of their situation due to fear, stigma, and discrimination. Staff at The Teresa Group offer counseling services in a safe and supportive environment either in person or over the phone. When it comes to HIV issues such as disclosure, grief and loss, future care planning or parent-child relationships, there is always a trained, professional counselor available to listen and help.

“It’s nice to know that there is someone there for me when I need to talk. It can be so hard to open up and share, but I know that I’m being listened to and not judged when I call The Teresa Group.”

Prenatal Group

Pregnancy is a very exciting time in a woman's life. Being pregnant and HIV positive however often changes that excitement into fear and can cause a great deal of anxiety. Suddenly there are many questions looming such as "will my baby be okay?" and "what can I tell people when they see I am not breast feeding?" The Prenatal Group provides women who are HIV positive with support and education during this difficult time. During sessions presented by a multi-disciplinary team of professionals from various hospitals in Toronto, women learn about what to expect during their pregnancy and delivery, medication, privacy and disclosure, as well as post-partum care and testing for the baby. The soon-to-be moms also have the opportunity to connect with other women in a safe and caring environment, often taking those bonds into the New Moms Group after the babies are born.

"I really like that I can have more time to talk with the doctor and nurses at the Prenatal Group. Sometimes at my own appointments I feel so rushed that I don't get all of my questions answered or get all the information that I need. Here I can ask questions and hear what other women want to know about too. I feel comfortable in this group."

New Moms' Group

The first year of a new baby's life is a happy but challenging time for first time mothers and even for moms going through it a second or third time. It is often one of the biggest learning curves of a woman's life. In addition to the common challenges experienced by all moms, new moms with HIV are also coping with their own health, medications for themselves and their baby, and worries about bonding in the absence of breastfeeding. The support systems they generally rely on in times of difficulty may not be available to them due to the stigma surrounding HIV. This is where the New Moms' Group can help. Twice a month moms and their babies fill the programming room with cooing, laughter and friendship. It is often one of the only places moms can talk openly about parenting with HIV during the first year of their child's life. The activities are designed to engage, teach and stimulate as new moms and their babies get to know one another in their first year together.

"I came here so my baby will learn to play and have friends, but I also learned the same. It is the only place that I feel truly understood and comfortable."

Circle of Care



circle of care

The Circle of Care Initiative is a collaborative approach to providing diverse, innovative and practical support services for women living with HIV or AIDS in Toronto. The Circle of Care Initiative was designed in response to women's own stated needs and interests. Its goals are to stabilize, strengthen and expand programs for women affected by HIV and AIDS. Circle of Care is a consortium of five AIDS Service Organizations: AIDS Committee of Toronto (ACT), Black Coalition for AIDS Prevention (Black CAP), Prisoners with HIV/AIDS Support Action Network (PASAN), Toronto People with AIDS Foundation (PWA) and The Teresa Group.

OUR PROGRAMS

Toddler Group

The Teresa Group has a toddler group ready to welcome young ones who are learning to walk, run and navigate their way around sofas and chairs. Once a month moms and their busy toddlers join together to play, sing, and talk. Laughter and squeals can be heard coming from the program room where the toddlers engage in activities related to the development of speech, fine and gross motor skills and social skill development. The children are able to play and practice new skills, while the moms have a chance to connect with others who are coping with similar challenges related to living with HIV while facing the complexities of parenting.

“Life with a toddler is very busy. Coming to the Toddler Group lets me take a deep breath and see that I am not alone in dealing with all of the joys and challenges that toddlers bring to life. I love getting tips and sharing advice with the other moms who are also living with HIV.”

Infant Formula Program

The Formula Program is an amazingly successful example of a long-term partnership between government and the community. It is still proving to be an excellent and cost-effective prevention program for mothers who are HIV positive. Fully-funded by the AIDS Bureau in the Ministry of Health and Long Term Care, and administered by The Teresa Group, the program supplies infant formula free of charge to HIV positive new mothers living anywhere in Ontario for the first year of the baby's life. Combined with proper prenatal care and safe birthing techniques it has resulted in the reduction of mother to child transmission to negligible levels.

“The Formula Program has been really helpful to me this past year. Having a new baby can be stressful enough, so it was nice not to have to worry about how I was going to afford to feed him. Thank you for all of your help and support.”

Volunteer Program

The Teresa Group's mission could not be accomplished without the dedication of volunteers working together with the staff. Volunteers are key to the success of the programs and services offered to families. From drivers to special events, from clothing bank to office administration, from tutors to camp counsellors, volunteers are an integral part of The Teresa Group.

During this year we completed a formal external evaluation of the Volunteer Program with overwhelmingly positive results. Volunteers reported feeling valued, welcomed, well trained and appreciated. Volunteers reported feeling motivated to join The Teresa Group because:

1. They had a personal connection to HIV
2. They wanted to help and give back
3. The organization is well run
4. The organization offers valuable assistance to children and families

“I feel very gratified. Just to see the children smiling at the holiday party is a wonderful feeling. I also feel like I've received much, much more than I've given. I think that sums it up...”

This year we also conducted an evaluation with clients who also volunteer for the organization, to help us plan to expand this aspect of the Volunteer Program in the future.

“The reason I wanted to volunteer is because they are so helpful to us. When you are new in Canada, they make you feel at home. They make you feel you have a family. People are just there for you.”

Research and Knowledge Exchange

The Teresa Group is involved with the following research studies and groups:

Interdisciplinary HIV Pregnancy Research Group. IHPREG brings together Ontario's leaders on the issues associated with HIV during preconception, pregnancy, post partum and in any circumstance following pregnancy.

Family Matters: Informing a family-based model of care with Aboriginal families affected by HIV (2012-2015) focuses on Aboriginal families affected by HIV, recognizing that family within Aboriginal cultural contexts extends beyond biological relations.

Positive Parenting Pilot Project (2013-2014) aims to develop, implement and evaluate an HIV education and training module that will enhance the knowledge and skills of child protection (Children's Aid Society, or CAS) workers and social work students across Ontario when working with children and families living with and affected by HIV.

Planning research for transition of HIV-infected adolescents in Canada (2013-2014). The purpose was to discuss transition of adolescents living with HIV from pediatric to adult care and identify priorities to advance a Canadian research agenda.

Intervention on Disclosure of HIV-Positive Status for African Caribbean and Black Women: Organizational Integration (Institutionalization) of Intervention (2013-2017). The objective of the study is to increase the capacity of community-based organizations to support African, Caribbean and Black (ACB) women in disclosing their HIV status, by integrating an HIV disclosure model into existing support and care programs.

National Consensus Statement on Women, Trans People and Girls and HIV Research (2012-2014). To strengthen a coordinated approach to research with, for and about women, trans people, girls and HIV/AIDS in Canada.

Our People

HONORARY CIRCLE

Penelope Holeton
Patricia MacKay C.M.
Stanley E. Reid M.D., Ph.D., FRCPC

STAFF

Emily Essig, MSW, RSW
Family Support Coordinator
Wendy Firth
Office Manager
Constance Nobes
Volunteer Coordinator
Megan Porter, BSW, RSW
Family Support Coordinator
Maureen Ringlein, MSW, RSW
Family Support Coordinator
Simone Shindler, MSW, RSW
Program Director
Nicci Stein
Executive Director

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Arundel Gibson
Joseph Shangi
Anna Yarmon

Coalition for Children Affected by AIDS

Formed in 2005, the Coalition for Children Affected by AIDS brings funders and technical experts together to advocate for the best policy, research, and programs for children because children are a vulnerable population that has too often been overlooked. The Teresa Group acts as fiscal agent for the Coalition and the two also co-organize the biennial Children and HIV symposium, with The Teresa Group acting as secretariat for the event. This year we have been busy organizing for the "Children and HIV: Start Early Start Now - Integrated interventions for young children born into HIV-affected families" symposium to be held in Melbourne, Australia in July 2014 which will attract several hundred community workers, researchers, policy makers and funders.

Our Caring Contributors

The Teresa Group wishes to thank the hundreds of individual donors who have given so generously over the past year. In addition, we would like to thank the following:

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The May and Stanley Smith Foundation
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The William Rathbone Family
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GOVERNMENT FUNDERS

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ORGANIZATIONS

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RELIGIOUS ORGANIZATIONS

ACW, St. Clement's Church - Eglinton
All Saints Ladies Auxillary

COALITION FOR CHILDREN AFFECTED BY AIDS

Conrad N. Hilton Foundation
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St. Regis Monarch Beach
Teach My
That PR Thing
The Playen
The Ritz-Carlton Toronto
UpCountry
Venus Beauty Supplies
Windsor Arms Hotel
Winners - Home Sense

We provided
1,418
healthy food
bags for children.

206

sets of warm hats and mitts were provided for children when the weather got cold.

Children and families were supported through **1,105** wellness calls, **179** counselling sessions (including crisis intervention) and **88** support group sessions.

32

“Welcome Home Baby” kits were supplied to the moms of newborns (these include a new diaper bag, blanket, clothing, toys and bottles).

3,230 cases of infant formula were distributed across the province of Ontario to prevent transmission of HIV.

We supported
217
families with **\$50**
food vouchers for
the holidays.

The clothing bank was used **809** times

Parents were assisted with **1,400** transit tickets to help them attend vital programs and appointments

189

children received new backpacks filled with school supplies at the start of the school year

The Teresa Group's Year in Numbers

Staff made

32

home/hospital visits.

730 packages of diapers were supplied to babies up to 3 years old

We helped

200

families with **Emergency Financial Assistance**

Generous and dedicated volunteers gave an incredible

12,170

hours of service to The Teresa Group.

Report of the Independent Auditor on the Summary Financial Statement

TO THE MEMBERS OF THE TERESA GROUP - CHILD AND FAMILY AID

The accompanying summarized statement of operating fund revenues and expenses (the summary financial statement) is derived from the audited financial statements of The Teresa Group - Child and Family Aid (the "Teresa Group") for the year ended March 31, 2014. We expressed a qualified audit opinion on those financial statements in our report dated May 22, 2014 (see below).

The summary financial statement does not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statement therefore, is not a substitute for reading the audited financial statements of the Teresa Group.

Management's Responsibility for the Financial Statement

Management is responsible for the preparation of a summary of the audited financial statement in accordance with Canadian accounting standards for not-for-profit organizations.

Auditor's Responsibility

Our responsibility is to express an opinion on the summary financial statement based on our procedures, which were conducted in accordance with Canadian Auditing Standards (CAS) 810, "Engagements to Report on Summary Financial Statements".

Opinion

In our opinion, the summary financial statement derived from the audited financial statements of The Teresa Group - Child and Family Aid for the year ended March 31, 2014 is a fair summary of those financial statements. However, the summary financial statement is qualified to the equivalent extent as the audited financial statements of the Teresa Group for the year ended March 31, 2014.

The qualification of the audited financial statements is described in our qualified audit opinion in our report dated May 22, 2014. Our qualified audit opinion is based on the fact that the Teresa Group receives donations, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, our verification of these revenues was limited to the amount reported by the Teresa Group and we were not able to determine whether any adjustments might be necessary to revenues, excess of revenues over expenses, assets and net assets. Our qualified audit opinion states that, except for the effects of the described matter, those financial statements present fairly, in all material respects, the financial position of The Teresa Group - Child and Family Aid as at March 31, 2014 and its financial performance and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Toronto, Ontario May 22, 2014

Clarke Henning LLP, Chartered Accountants

	2014			2013
	General Operations	CCABA International Coordination Projects	Total	Total
REVENUES				
Funding from Ontario Ministry of Health and Long Term Care				
General operations	\$ 312,654	\$ -	\$ 312,654	\$ 294,154
Infant formula	178,200	-	178,200	197,000
Circle of Care	15,100	-	15,100	-
Public Health Agency of Canada	81,723	-	81,723	81,723
Human Resources and Skills Development Canada				
Summer student	3,181	-	3,181	3,225
Leap for Success	-	-	-	58,637
City of Toronto grant	27,600	-	27,600	26,535
Circle of Care funding	15,100	-	15,100	35,809
Private sector donations - cash	345,848	-	345,848	437,414
- donations-in-kind	8,746	-	8,746	4,088
Interest	9,430	-	9,430	5,884
Amortization of capital contributions	1,920	-	1,920	1,884
Other	89,988	-	89,988	82,074
CCABA international coordination projects	-	474,911	474,911	914,940
	1,089,490	474,911	1,564,401	2,143,367
Expenses				
General and administration	71,070	-	71,070	72,253
Communication and education	44,501	-	44,501	46,712
Family support	459,221	-	459,221	459,300
Counselling	218,321	-	218,321	248,708
Volunteer recruitment, organization and training	81,725	-	81,725	81,723
Summer student	3,738	-	3,738	3,916
Board expenses	1,476	-	1,476	3,326
Amortization of capital assets	16,000	-	16,000	16,672
Fundraising	116,008	-	116,008	125,746
Donated goods	8,746	-	8,746	4,088
Scholarships	10,000	-	10,000	9,037
Tutoring project	58,609	-	58,609	104,350
CCABA international coordination projects	-	474,911	474,911	914,940
	1,089,415	474,911	1,564,326	2,090,771
Excess of revenues over expenses for the year	\$ 75	\$ -	\$ 75	\$ 52,596



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HEARING
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The
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Group

Imagine
Canada  Ethical Code