



Beside you through grief's journey



# CARING HEARTS 2022-2023 ANNUAL REPORT

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**Caring Hearts remains committed to seeking innovative ways to improve our programs and services so we can provide timely access to resources for individuals, families, organizations and communities to cope with, and support the grief journey.**

Shelley Svedahl,  
Executive Director

## OUR STORY BY THE NUMBERS



**170**

Participants encouraged in grief support groups



**26**

Grief groups offering hope and guidance



**13%**

Increase in grief support groups



**37**

Partner agencies



**10**

Different education sessions



**13%**

Increase in education program revenue



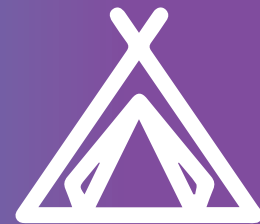
Beside you through grief's journey



**3rd**  
Successful fundraising raffle



**2nd**  
Signature gala event



**26th**  
Caring Hearts Grief Camp for children



**183**  
Agency-specific education sessions in 5 years



**13**  
Grief-related handbooks to explore



**11**  
Webinars about loss available online

## A MESSAGE FROM OUR BOARD CHAIR



### LOOKING TOWARDS A BRIGHT FUTURE

I am grateful and humbled to have served as chair of the Caring Hearts Board of Directors for the past three years. Caring Hearts is reaching new goals and expanding services and programs throughout Saskatchewan. Caring Hearts takes pride in serving clients with kindness, professionalism, and respect. I have been privileged to witness so much growth within the organization in response to the dynamic environment that is constantly changing around us.

I am delighted to share with you the 2022/2023 Annual Report for Caring Hearts which highlights accomplishments and the impact we have made in the lives of the individuals we serve. The success and achievements of Caring Hearts would not be possible without our remarkable staff, volunteers, supporters and community partners.

Caring Hearts collaborates with the community to assess needs, identify solutions and successfully implement new initiatives. The organization has created a solid foundation to promote growth. It is the compassion and generosity from our community supporters that allows Caring Hearts to

support those struggling with grief and loss with their mental health healing through education and counseling.

On behalf of the board, I would like to express my sincere appreciation for the staff at Caring Hearts. They are the heart that makes the organization beat. And I especially want to acknowledge the people and families supported by Caring Hearts. As we move into the future the community will see new faces at Caring Hearts but with any change comes a new perspective and hope.

I look forward to a bright future for Caring Hearts as it continues to support people coping with grief and loss so they can keep moving forward.

Sincerely,  
Whitney Beug,  
Board Chair

## A MESSAGE FROM OUR EXECUTIVE DIRECTOR



### COMMITTED TO SUPPORTING OUR COMMUNITY

I would like to express my sincere thanks to the Board of Directors for their guidance and support and the many volunteers, donors, sponsors and partners who continue to share their time and resources. Together, we have made such an impact offering counselling and education programs for families as well as agencies to support those struggling to cope with loss.

This year has been an important year of growth and significant accomplishments in our programs for both agencies and individuals. We continue to respond to the needs of our community through our education supports, offering client-centred sessions to agencies on trauma, culturally appropriate care, trauma informed care, self-care and resiliency building, and ambiguous loss. This year we joined a number of organizations in response to the trauma experienced by the James Smith Cree Nation community. We successfully completed our partnership agreement with the federal Department of Justice by releasing our toolkit on culturally responsive care for trauma relating to ambiguous loss. As we move forward with the education for non-indigenous agencies, we anticipate a growing 'train the trainer' program for this important work.

We have been fortunate with our partnerships that have allowed us to build capacity and resources in a timely manner. Thank you to the Ministry of Justice, the Department of Justice, and those agencies who have provided financial support to allow us to grow our offerings when, where and how organizations and individuals need it most.

This year we expanded our partnership with the team of professional counsellors and psychologists at Joshua Tree Learning to expand the programs for children and youth. We are grateful to RBC, Walmart, Marc Garneau Collegiate Institute, SaskTel, Journey to Hope, the Community Initiatives Fund, South Sask Community Foundation, Zoom Girlz, and individual sponsors whose support has allowed us to extend our reach and impact for new program initiatives this year.

Caring Hearts remains committed to seeking innovative ways to improve our programs and services so that we can provide timely access to resources for individuals, families, organizations, and communities to cope with and support the grief journey.

Sincerely,  
Shelley Svedahl,  
Executive Director

## OUR TEAM

Thank you to our Board of Directors, staff, Elders and clinical professionals for the dedication and leadership you provide for Caring Hearts.

### BOARD OF DIRECTORS

Whitney Beug, Board Chair  
Mark Hillmer  
Sharlene McGowan  
Sophie Graham *(up to October 17, 2022)*  
Aaron Spelliscy  
Kasiani Agioritis  
Tanner Peakman  
Nicole Krupski  
Bill McConkey

### STAFF

Shelley Svedahl  
Executive Director  
Dwayne Yasinowski  
Director of Education  
*(up to December 2022)*  
Bree Casey  
Social Media & Graphic Design  
Duane Bowers  
Educational Resource  
Jennifer Yasinowski  
Acting Director of Education  
*(January 2023)*  
Elder Lorna Standingready  
Elder Harry Francis

### CLINICAL PROFESSIONALS

Susan Kamuti-Gaitho  
MSW, RSW MP/MMIWG  
Counsellor/Group Counsellor  
Stacey Mustatia  
B.Ed., Wellness for Life Accreditation  
MP/MMIWG Counsellor/Group  
Facilitator/Curriculum Developer/  
Intake Services  
Stacey Adelman  
M.Ed., Registered Psychologist  
Joshua Tree Learning Centre Team  
Children and Youth Programming  
Rosanne Morphy  
BSW, RSW MP/MMIWG Counsellor



## OUR BOARD



Whitney Beug, Board Chair



Mark Hillmer



Sharlene McGowan



Aaron Spelliscy



Kasiani Agioritis



Tanner Peakman



Nicole Krupski



Bill McConkey

# THIS IS WHO WE ARE

## STRATEGIC OBJECTIVES

In the 2022/23 fiscal year, the Board of Directors held five regular board meetings, one special board meeting, online governance education training and an annual general meeting. The Board successfully reviewed all of the organization's policies and procedures and chose to adhere to a policy governance approach to their work. The Board continued to monitor the work outlined in the four-year operational plan which is based on the strategic objectives that were approved in 2019.

1. Align programs and services with the organization's mission goals and objectives.
2. Develop a sustainable funding model.
3. Strengthen organizational brand and increase awareness of programs and services.
4. Improve processes for managing our data and resources.

## A LITTLE HISTORY

Caring Hearts was initially established as a non-profit charity in 1983 under the name Regina Palliative Care Inc. (RPCI) Through RPCI funds were raised to help support Regina Qu'Appelle Health Region (RQHR) Unit/Greystone Bereavement Centre as well as the ten-bed facility at Regina Wascana Grace Hospice.

In August 2018, Caring Hearts changed its name from the Regina Palliative Care Greystone Bereavement Centre to Caring Hearts Counselling Inc. The change has allowed Caring Hearts to extend its scope to a provincial mandate as a counselling and education agency that focuses on, among other things, grief and loss support. The new name was in support of the Caring Hearts Camp, a recognizable youth-focused grief program offered by the organization since 1997.

## OUR MISSION

To enhance mental health healing through education and counselling for those dealing with grief and loss.

## OUR VISION

A province where everyone is cared for through their journey of grief and loss.

## WE BELIEVE...

- All people requesting any service at Caring Hearts should be treated with respect and understanding so that their integrity, dignity, and self-respect will be maintained.
- The primary function of our service is to provide education, programs, and services for those dealing with grief and loss.
- In open and ongoing communications with our clients, their significant others, and health care professionals through our services.
- In utilizing community facilities/agencies that are intended to support our clients through their healing journey.

## OUR VALUES

### Care

We build open and honest relationships with our clients and the community we serve. We are committed to providing resources for grief and loss. We ensure confidentiality, respect personal values, and provide the time and compassion to help clients manage their needs.

### Respect

We care about one another and about our workplace. We foster an open and inclusive environment that embraces diverse cultural heritage and opinions; we learn, work, and support each other as one team.

### Integrity

We go above and beyond what is normally expected to achieve excellence in our services. We accomplish this by maintaining high standards, strong competencies and committed partnerships, and by being responsive and accessible.

### Accountability

We are committed to being accountable and transparent. We are honest with one another. We hold ourselves to high standards of ethical behaviour and take responsibility for our actions.

### Transparency

We are transparent, open, and honest in our decision making, communication and relationship-building.

## OUR PARTNERS

Caring Hearts is grateful for the collaboration with partner agencies in the delivery of programs and services. Thank you to the Ministry of Justice, Victim Services, the Department of Justice, the Regina City Police, STOPS to Violence, the Saskatchewan Indian Institute of Technology, the Federal Department of Justice, the Ministry of Health, and the Provincial Partnership Committee. The number of people seeking our services continues to grow, and we continue to work with other community partners to develop responsive and impactful programming.

## OUR ACCOMPLISHMENTS

### OCTOBER FUNDRAISER

This year we hosted our second annual Caring Hearts Gala Fundraising Event *Sharing Stories on our Healing Journeys*. Dwight Lawrence, Ministry of Justice provided greetings to over ninety attendees. The evening featured Preston Littlelent's drum group and Pow wow dancers. Table sponsors included Gregory Heidorn; Duane Bowers; McDougall Gauley; All-Tech Distributors; FHQ Developments and Conexus Credit Union. Caring Hearts relies on the wisdom of Elders and this year Elder Harry shared his story of hope and healing.

### OCTOBER EDUCATION DAY

Caring Hearts hosted an education day on *Tools for Equity, Diversity and Indigenization* facilitated by Duane T. Bowers, LPC, CCHt. Thirteen participants were in attendance to learn and to review and provide feedback on Caring Heart's new toolkit of resources.

### WORKING WITH FRONT-LINE CARE PROVIDERS

We offer a 'train-the-trainer' approach so we can reach across the province. Partnerships include:

Balcarres Schools  
 Balfour Collegiate High School  
 Battle River Treaty 6 Health Centre  
 Campbell Collegiate  
 Federation of Saskatchewan Indian Nations Fort Qu'Appelle Tribal Council  
 Moosomin First Nations

Fort Qu'Appelle Schools  
 La Ronge Mental Health  
 Leading Thunderbird Lodge  
 Meadow Lake Mental Health  
 Muskeg First Nations  
 North Battleford Catholic Family Services  
 North Sask Victim Services  
 Office of the Treaty Commissioner  
 Onion Lake Cree Nation  
 Prince Albert Indian and Métis Friendship Centre  
 Rainbow Youth Centre  
 Rainbow Youth Centre  
 Ranch Ehrlo  
 Regina City Police Regina Victim Services  
 Regina Friendship Centre  
 Regina Public Library  
 Regina Public School Division  
 Sask Central Victim Services  
 Sask Polytech  
 Saskatchewan Aboriginal Women's Circle Corporation  
 Saskatchewan Indian Gaming Authority  
 Saskatchewan Indian Institute of Technology  
 Saskatoon Victim Services  
 Saskatoon Youth Resource Centre  
 STOPS to Violence  
 Street Culture Swift Current  
 Palliative Care

United Way Saskatchewan  
 University of Saskatchewan Homecare Nurses  
 Victim Services  
 Weyburn Mental Health  
 White Buffalo Treatment Centre  
 YMCA Regina

### EDUCATION SERVICES

Education Sessions were delivered to 1,732 people in the following agencies: Sask Polytech; Saskatoon Victim Services; Saskatoon Tribal Council, Child Protective Services; Leading Thunderbird Lodge; Ministry of Indigenous and Northern Affairs; La Ronge Mental Health (Roots of Hope Project); Balcarres High School; Meadow Lake Friendship Centre; Rainbow Youth Centre; Great Plains Community College; STOPS To Violence; Balcarres Community School; Bert Fox School; Envision Counselling; Haven Family Support; Metis Nation; Moose Jaw Family Services; PATH's (Provincial Association of Transition Houses); Piapot School; Grief 101 Facebook Live Event; Sexual Awareness Week; SHA (Sask Health Authority); Southwest Victim Services; The Meadows Care Home; Threads of Live Conference; Indigenous Services Canada; Meadow Lake Carpenter High School; Saskatoon Mothers Centre; and James Smith Cree Nation.

*Continued on page 12.*





Preston Littlelent's Pow wow dancer



Elder Harry shares stories of hope and healing



Preston Littlelent's drum group



Preston Littlelent's Pow wow dancer



Ministry of Justice, Dwight Lawrence provides greeting



Duane Bowers speaks about Western and Traditional healing



Preston Littlelent's Pow wow dancer

## OUR ACCOMPLISHMENTS

DATE	TAILORED EDUCATION SESSIONS DELIVERED TO AGENCIES	GENERAL INFORMATION SESSIONS PROVIDED TO GROUPS	INDIVIDUAL COUNSELLING SESSIONS
2017/18	34	11	
2018/19	31	8	
2019/20	20	9	
2020/21	20	9	
2021/22	45	2	68
2022/23	37	4	60



Education sessions covered a variety of general and segmented topics including:

- Community Health & Wellness: Understanding Grief
- First Responders: Impact of Trauma on Others/Traumatic Impact on Self
- Fostering: Love and Loss; Grieving When a Foster Child Leaves
- Grief During the Holidays: Finding Hope During the Holiday Season
- Grief in the Workplace: Living with Loss at Home and at Work
- Impact of Trauma on Others/ Traumatic Impact on Yourself
- Being Trauma Informed and Providing Trauma Informed Care
- Supporting Families of Missing Persons: Understanding Ambiguous Loss
- Secondary Trauma, Practicing Self-care, Building Resiliency and Living in Wellness
- Understanding Trauma/ Intergenerational Trauma (delivered in partnership with an Elder)
- Impacts of Covid on Leadership
- Psychological First Aid

# LETTER ON TRAUMA

As I sit here listening, I hear words.

Those words stem from emotions to definitions.

Can anyone really define anyone's life?

Emotions are anger, sadness, hatred, guilt, and love. You can survive trauma.

Anger is something we all feel towards people and ourselves.

Anger can define us, or others, in how we feel about life.

Anger can be a lack of attention and a lack of how to express how we feel.

Anger can become traumatic if it leads us on a path of destruction.

Sadness is something that washes over people, and it can make you numb.

Sadness can make you feel alone like no one understands you.

Sadness can encompass you where you don't shower, or eat, or all you can do is sleep.

Sadness can be drowning yourself in activities that drown out the pain.

Hatred is a feeling that makes you see red, where you feel you can't control yourself.

Hatred can make you see yourself as not a likeable person.

Hatred can be directed towards those who have ruined who you could be.

Hatred can lead you on a path of destruction where negativity ruins your life.

Guilt is an emotion that holds you accountable for your actions.

Guilt can make you say, "what if I would have done this to change my situation?"

Guilt is something that can make you feel sorry for the things that have happened.

Guilt is, "do I give into my emotions and just let it happen?"

Love is one that is tough. Do you love yourself and others?

Love is all-encompassing, you have to love yourself before others.

Love is social. You want others to love you. Love is emotional. It feels good to be cared for.

Love is spiritual. You can be loved by good feelings.

Love is mental and emotional; you are the key.

We are defined by definitions, by life, and by others.

Trauma can define you or you can define trauma.

It is hard as a child, and hard as an adult.

Find a book, a person to talk to, write it down, write a poem, or listen to music.

You define who you are and your trauma.

*Participant from Piapot First Nation School, June 2022*

# EDUCATION, RESOURCES & SUPPORT

## ONLINE SERVICES AND SUPPORTS

This past year we continued to offer online group counselling, webinars, and education sessions. We will maintain these program options as we continue to build our online programs across the province.

### Hope and Guidance: Group Counselling

Bereavement is a major life stressor. The death of a loved one can have a tremendous impact on the lives of those left behind. There is no timeline for grief and one's experience can be affected by a variety of factors, including whether the bereaved has a support system in place. The journey through grief is different for each person. With understanding and support, most people can resolve their feelings and make some sense of their experience over time.

Group counselling can be helpful for those who find solace in the reciprocal sharing of thoughts and feelings and can be essential to the healing process for many. For many individuals, group therapy can be more beneficial than individual counselling. While it is true that everyone is unique and may have unique circumstances with their grief and loss, group counselling serves as a reminder that no one is alone in their struggles.

Our organization exists to ensure individuals, families, and communities have access to resources and additional support during their journey of grief. In a group setting, members are invited to share stories openly without judgment,

develop skills to help cope with their grief, and build their own network of support in our community.

Being with those who understand the nature of our loss can bring us healing and comfort. Together we create a circle of hope – a safe place where we can begin to heal. The Adult Grief groups run for six to eight weeks and are facilitated by a licensed counsellor. In 2022/23 Caring Hearts offered 26 groups to 170 participants:

- Grief and Loss Support Group - Six Weeks (2 in person and 2 online groups)
- Healing After Suicide Loss Support Group Six Weeks (2 face-to-face and 2 online)
- Conversations about Grief and Loss Peer Support Group (2 online)
- Parental Grief for Loss of a Child (1 online)
- Sharing Circle (2 face-to-face groups)
- Narrative Therapy Grief and Loss Group (1 face-to-face group)
- Summer Children's Grief Groups (5 in person)
- Fall Children's Grief Groups (3 in person)
- Holiday Gingerbread House Family Event (1 in person)
- Yoga for Grief Group (1 in person)
- Caring Hearts Camp (2 at Beaver Creek Lodge)

## OUR RESOURCES

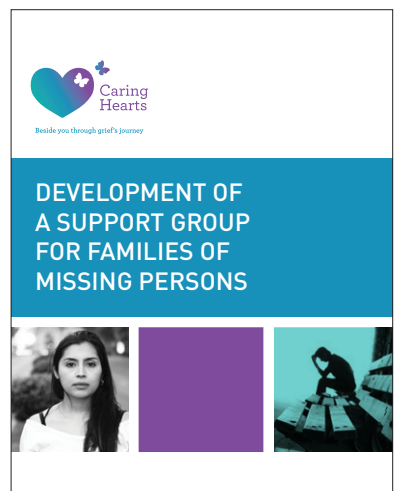
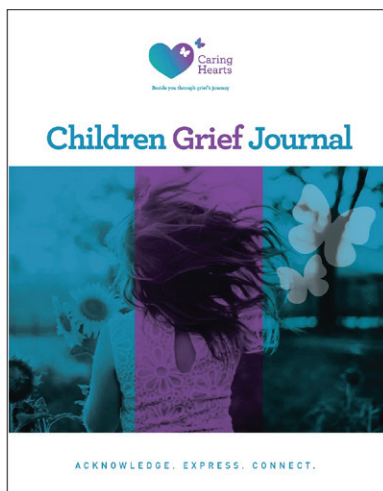
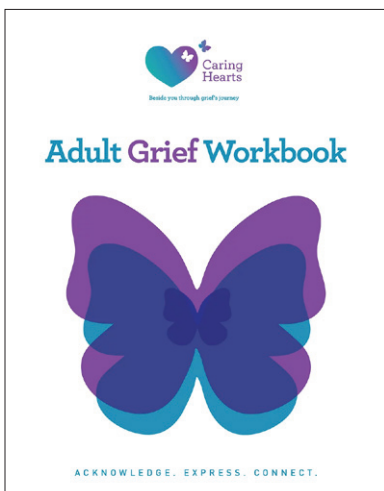
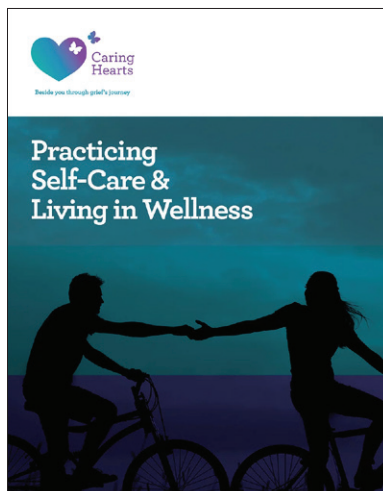
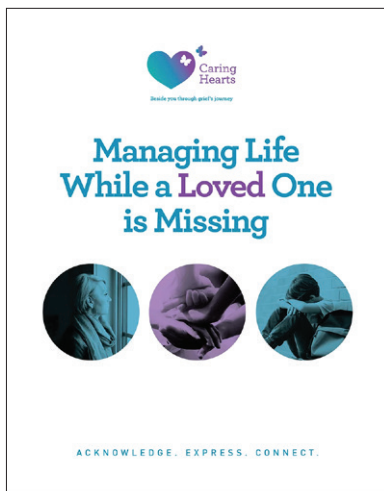
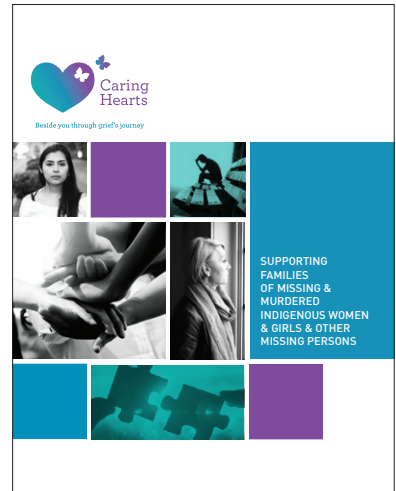
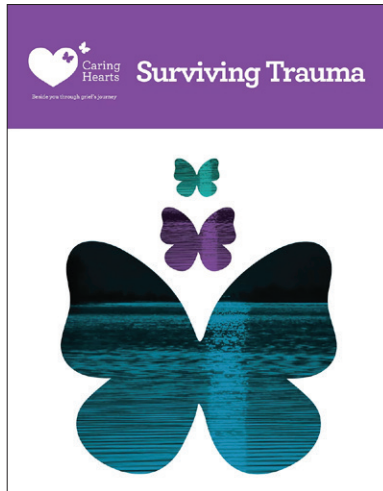
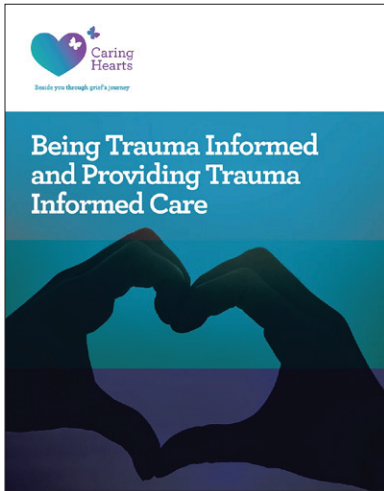
### NEW in 2023:

- General Caring Hearts Information Brochure
- Grief and Loss Brochure
- Trauma and Its Impacts Brochure

### MANUALS AVAILABLE:

- Being Trauma Informed and Providing Trauma Informed Care
- Surviving Trauma
- Supporting Families of Missing and Murdered Indigenous Women and Girls and Other Missing Persons
- Managing Life While a Loved One is Missing
- Practicing Self-care and Living in Wellness
- A Guide to Traditional Healing
- Adult Grief Workbook
- Children's Grief book
- Development of a Support Group for Families of Missing and Murdered Persons
- Wisdom from Elders in Treaty 4 and Treaty 6 Companion Document





# EDUCATION, RESOURCES & SUPPORT

## CARING HEARTS CONTINUES TO LOOK FOR WAYS TO RESPOND TO SUPPORT HEALING FOR THOSE SUFFERING GRIEF AND LOSS. WEBINARS INCLUDE:

- Children’s Grief
- Trauma-informed Care/Trauma
- Ambiguous Loss
- Early Nurturing Developmental Trauma
- Self-Care & Resiliency Building
- Intergenerational Trauma
- Traditional Healing
- Restorative Yoga
- Understanding the Sharing Circle (Facilitated by Elder)
- Psychological First Aid
- Coping with Loss in Uncertain Times

## CARING HEARTS YOUTH CAMP PROGRAM

Our Caring Hearts Camp was first introduced in 1997 when Caring Hearts saw the challenges so many families and their children faced when struggling with the grieving process. The camp focus is on helping heal young hearts. The team of registered psychologists and professional counsellors from Joshua Tree Learning joined forces with Caring Hearts to host a total 37 young campers aged 7 to 15 at the Beaver Creek Lodge for two separate day camps this year.

Caring Hearts received a \$10,000 donation from Access Communications for our Caring Hearts Camp for Children and youth that will be held on two separate dates, May 27 and 28, 2023 at Beaver Creek Lodge.

“My kids had so much fun! They enjoyed connecting with other kids that understood their feelings.”

2022 Family

“It was boring and fun at the same time’ is what Alexis said when I picked her up. I think she had a good time though with new experiences.”

2022 Family

“This was their second camp, and they enjoy them so much!”

2022 Family

“I think my daughter had a good time experiencing new environments and activities.”

2022 Family

“It was a good experience for her.”

2022 Family



Board Member Aaron Spelliscy and Stacey Adelman, psychologist and owner of Joshua Tree Learning who is leading the camp were presented with the cheque at the Pat’s Game on February 20, 2023.



Above and right: Caring Hearts Youth Camp 2023





## THANK YOU TO THE FOLLOWING CAMP SUPPORTERS:

Sask Tel, Access Communications, Crown Investments Corporation, Community Initiatives Fund, Michael Lamarre, Brenda and Mike Woolley, and the team of professional counsellors and psychologists from Joshua Tree Learning Centre for supporting the Camp.

# EDUCATION, RESOURCES & SUPPORT

## PROVINCIAL AND FEDERAL PROGRAMS SUPPORTING AMBIGUOUS LOSS AND TRAUMATIC LOSS

In an effort to address the increasing need for education and counselling supports surrounding the various types of loss due to death and traumatic loss in particular, Caring Hearts began working with the Provincial and Federal governments in support of a Missing Persons Initiative, a targeted program that provides counselling to families of persons who have gone missing throughout Saskatchewan.

## CARING HEARTS PROVINCIAL MISSING PERSONS PROJECT

Ambiguous Loss  
“A Loss Unlike any Other”

Programming includes support groups for families of missing persons and homicide, and counselling services, as outlined by the provincial partnership agreement. Pending approval, a new project proposal for April 2021 to March 31, 2024, under the same name will enable Caring Hearts to continue to deliver specialized counselling and support groups to individuals and families of missing persons across Saskatchewan.

The funding provides the delivery of indirect services including educational tools and training on trauma, trauma informed care, self-care and resiliency building, and ambiguous loss to professionals and volunteers working with families of missing persons. It

also enables Caring Hearts to develop and produce resource materials in the form of manuals, workbooks, and webinars for distribution. In addition, the funding provides:

- Western therapeutic counselling and support to families as well as Elder support for “traditional Indigenous Healing” to families who request it, and
- Workshops and associated training/ education across Saskatchewan.

The families of missing and murdered Indigenous persons and other persons, their communities and the Saskatchewan justice system are the main beneficiaries of this program that will be funded by Victims Services Branch of Community Safety and Well-Being in the Ministry of Justice and Attorney General, using funds obtained from the Department of Justice, Canada’s Victims Fund. In turn, funding for this program will benefit Victims Services Branch by increasing its capacity to provide more responsive, timely, culturally sensitive, and specialized support and services to families of missing persons.

## FAMILIES OF MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

Following the Federal Government’s call for a formal inquiry into murdered and missing Indigenous women and girls, the Federal Government recognized the Families of Murdered and Missing Indigenous Women &

Girls (FMMIWG) in Saskatchewan would require both direct and indirect assistance. It is widely recognized that a gap in services exists for these families, and in particular support regarding specialized ambiguous loss and trauma, counselling, and group services provided in a trauma informed manner for FMMIWG. In the spring of 2017, the groundwork began and support for the families of Murdered and Missing Indigenous Women and Girls through The Case Project.

Beginning in April of 2019, Caring Hearts directed its focus into the northern areas of the province. Support circles included an educational workshop for local Indigenous agencies, and frontline professionals on Ambiguous Loss, and Intergenerational Trauma. Delivered by Dwayne Yasinowski, Director of Education and Elder Lorna Standingready, these circles were intended to improve Indigenous health and wellness and provide a greater understanding for those working with families of Missing and Murdered Indigenous Women & Girls and other Missing Persons.

The new project that was approved and signed September 24, 2020, was in effect for three years, ending on March 31, 2023. Caring Hearts continues to focus on building capacity in communities by creating a network of respected Elders and local service providers to continue delivery of services and embrace individuals and families throughout their healing process. Plans include the development



of a toolkit of resources and education for local agencies and providing resources in support of pre and post sharing circle activities.

The Toolkit aims to provide a source of education to non-Indigenous agencies so they can effectively support Indigenous peoples in local communities. The Toolkit uses a two-eyed seeing approach through a manual constructed around the Seven Grandfather Teachings and an online course where participants can watch and listen to teachings and stories from Elders residing in Treaty 4 and Treaty 6. The information in the manual and online course includes topics such as supporting Missing and Murdered Indigenous Women and Girls and their families, colonization and decolonization, how to apply two-eyed seeing in the workplace, the importance of protocol when involving an Elder and Indigenous communities, and Elder teachings and ceremony.

#### **MISSING PERSONS KNOWLEDGE EXCHANGE WITH FAMILIES: MARCH 3 & 4**

Caring Hearts organized a two-day Conference for the families of missing persons at Dakota Dunes to facilitate an *“Exchange of knowledge; hear about supports needed; communicate about ambiguous Loss supports; facilitate a sharing circle and review the how-tos of; Starting a Support Group in your Community”*.

A total of 25 family members attended the event.





# FINANCIALS

# FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for 2022)

CURRENT ASSETS	2023	2022
Cash	\$137,490	\$205,677
Accounts receivable	\$7,369	\$35,531
Prepaid Expenses	\$3,956	\$5,205
	148,815	246,413
Investments (Note 3)	\$765,417	\$735,266
Intangible Assets (Note 4)	\$7,299	\$9,123
<b>Total</b>	<b>\$921,531</b>	<b>\$990,802</b>

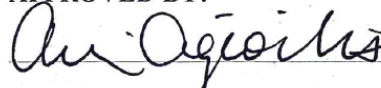
CURRENT LIABILITIES	2023	2022
Accounts payable and accrued liabilities	\$21,541	\$17,716
Deferred revenue	\$11,000	\$19,809
Current portion of long-term debt (Note 5)	\$40,000	\$-
<b>Total</b>	<b>\$72,541</b>	<b>\$37,525</b>
Long-term debt (Note 5)	\$-	\$40,000
<b>Total</b>	<b>\$72,541</b>	<b>\$77,525</b>

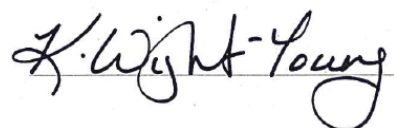
NET ASSETS	2023	2022
Unrestricted surplus	\$848,990	\$913,277
<b>Total</b>	<b>\$921,531</b>	<b>\$990,802</b>

Commitment (Note 8)

See accompanying notes to the financial statements.

APPROVED BY:

 Director

 Director

# FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for the year ended March 31, 2022)

REVENUE	2023	2022
Donations, fundraising	\$37,375	\$22,413
Education	\$39,669	\$33,805
Government grants	\$332,408	\$281,997
Government pandemic subsidies	\$-	\$44,074
Interest income	\$19,750	\$7,250
Unrealized gain (loss) on investments	\$(21,618)	\$3,422
<b>Total</b>	<b>\$407,584</b>	<b>\$392,941</b>
<b>EXPENSES</b>		
Amortization	\$1,825	\$2,468
Education and group support	\$208,023	\$177,760
General operating expenses	\$16,802	\$16,347
Occupancy	\$37,245	\$34,145
Professional fees	\$20,737	\$24,294
Supplies and equipment	\$10,119	\$11,033
Wages and benefits	\$177,120	\$210,804
<b>Total</b>	<b>\$471,871</b>	<b>\$476,851</b>
<b>Excess (deficiency) of revenue over expenses</b>	<b>(\$64,287)</b>	<b>(\$83,910)</b>
<b>Unrestricted surplus - beginning of year</b>	<b>\$913,277</b>	<b>\$997,187</b>
<b>Unrestricted surplus - end of year</b>	<b>\$848,990</b>	<b>\$913,277</b>

See accompanying notes to the financial statements.



## FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for the year ended March 31, 2022)

<b>Cash provided by (used in) operating activities:</b>	<b>2023</b>	<b>2022</b>
Excess (deficiency) of revenue over expenses	(\$64,287)	(\$83,910)
Items not involving cash:		
-Amortization	\$1,825	\$2,468
-Unrealized (gain) loss on investments	\$21,618	(\$3,422)
-Forgivable portion of long-term debt (Note 5)	\$-	(\$10,000)
	(\$40,844)	(\$94,864)
Non-cash operating working capital (Note 7)	\$24,427	(\$62,990)
<b>Total</b>	<b>(\$16,417)</b>	<b>(\$157,854)</b>
<b>Cash provided by (used in) investing activities:</b>		
Additions to investments	(\$50,000)	\$-
Net change in investments	(\$1,770)	\$10,255
<b>Total</b>	<b>(\$51,770)</b>	<b>\$10,255</b>
<b>Cash provided by (used in) financing activities:</b>		
Proceeds from long-term debt	\$-	\$40,000
<b>Decrease in cash</b>	<b>(\$68,187)</b>	<b>(\$107,599)</b>
<b>Cash position - beginning of year</b>	<b>(\$205,677)</b>	<b>\$313,276</b>
<b>Cash position - end of year</b>	<b>\$137,490</b>	<b>\$205,677</b>

See accompanying notes to the financial statements.

# NOTES TO THE FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for the year ended March 31, 2022)

## **1. Nature of operations**

Caring Hearts Counselling Inc. (the "Organization") is continued under *The Non Profit Corporations Act, 2022* in the province of Saskatchewan. The Organization is a non-profit community organization that functions as an active participant and contributor to the development of mental health support for the people of Saskatchewan when they are overcome with grief and heartache. The Organization educates agencies and service providers by sharing their expertise to better support communities. The Organization provides extensive support for grieving children through Caring Hearts Camp. The Organization is a registered charity under the *Income Tax Act*.

## **2. Summary of significant accounting policies**

The financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations. The financial statements required management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the period. These estimates are reviewed periodically, and, as adjustments become necessary, they are reported in earnings in the period in which they become known. The financial statements reflect the following policies:

### **Financial instruments - recognition and measurement**

Financial assets and financial liabilities are recorded on the statement of financial position when the Organization becomes party to the contractual provisions of the financial instrument. The Organization initially measures its financial assets and financial liabilities at fair value, except for certain related party transactions that are measured at the carrying amount or exchange amount, as appropriate. The Organization subsequently measures all its financial assets and financial liabilities at cost or amortized cost, except for investments in equity instruments that are quoted in an active market, which are measured at fair value. Changes in fair value of these financial instruments are recognized in net income. Fair value is the amount at which a financial instrument could be exchanged at arm's length between willing, unrelated parties in an open market.

### **Tangible capital assets**

Tangible capital assets are recorded at cost less accumulated amortization except as described below. Amortization is provided on the diminishing balance basis over the estimated useful life of the assets at the following annual rates:

Equipment	45 %
Furniture and fixtures	20 %

### **Revenue recognition**

The Organization follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured. Donation revenues are recognized when they are received. Revenue from education services are recognized as the services are provided. Interest revenue is recognized as it is earned. Revenue from special events are recognized when the event occurs.

## NOTES TO THE FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for the year ended March 31, 2022)

3. INVESTMENTS	2023	2022
Mutual funds	\$423,799	\$434,811
Common shares	\$291,245	\$300,454
Guaranteed investment certificate	\$50,373	\$-
<b>Total</b>	<b>\$765,417</b>	<b>\$735,265</b>

Investments have a cost of \$780,409 at March 31, 2023 (2022 - \$729,785). The guaranteed investment certificate bears interest at 4% and matures April 23, 2023.

4. TANGIBLE CAPITAL ASSETS	2023			2022
	Cost	Accumulated Amortization	Net Book Value	Net Book Value
Equipment	\$57,297	\$57,034	\$263	\$328
Furniture and fixtures	\$57,751	\$50,715	\$7,036	\$8,795
<b>Total</b>	<b>\$115,048</b>	<b>\$107,749</b>	<b>\$7,299</b>	<b>\$9,123</b>

5. LONG-TERM DEBT	2023	2022
Canada Emergency Business Account loan bearing interest at 0% and is unsecured. If the loan is not repaid before December 31, 2023, the full \$60,000 borrowed will be repayable to the Government of Canada. Any unpaid balance at December 31, 2023 will be converted to a term loan, with interest and payments determined at that time.	\$60,000	\$60,000
Less: Forgivable portion of CEBA	(\$20,000)	(\$20,000)
Current portion due within one year	\$40,000	\$-
<b>Total</b>	<b>\$-</b>	<b>\$40,000</b>

### 6. Beneficial interest in an endowment fund

The Organization has an economic interest in an endowment fund, the RPCI Good Mourning Fund, held by the South Saskatchewan Community Foundation Inc. The purpose of the RPCI Good Mourning Fund is to support and sustain the activities of the Organization. The contributions are considered to be endowments, and thus, may not be withdrawn. The Organization may apply to withdraw 3.5% of the fund balance, in excess of the endowed amount, annually. As at March 31, 2023, the balance in the fund was \$31,084 (2022 - \$33,882).

# NOTES TO THE FINANCIAL STATEMENTS

AS AT MARCH 31, 2023 (with comparative figures for the year ended March 31, 2022)

## 7. Non-cash operating working capital

Details of net change in each element of working capital relating to operations excluding cash are as follows:

(INCREASE) DECREASE IN CURRENT ASSETS:	2023	2022
Accounts receivable	\$28,162	(\$22,198)
Prepaid expenses	\$1,249	(\$897)
Total	\$29,411	\$23,095

INCREASE (DECREASE) IN CURRENT LIABILITIES:	2023	2022
Accounts payable and accrued liabilities	\$3,825	(\$20,052)
Deferred revenue	(\$8,809)	(\$19,843)
Total	(\$4,984)	(\$39,895)
	\$24,427	\$62,990

## 8. Commitment

The Organization leases premises and other equipment under agreements requiring aggregate minimum payments over the next three years as follows:

2024	\$33,005
2025	\$32,056
2026	\$6,550

## 9. Financial Risk Management

The Organization has a risk management framework to monitor, evaluate and manage the principal risks assumed with financial instruments. The significant financial risks to which the Organization is exposed are:

### Credit risk

Credit risk is the risk that one party to a financial instrument will cause a financial loss for the other party by failing to discharge an obligation. The Organization is exposed to credit risk on the accounts receivable, however does not have a significant exposure to any counterparty. In order to reduce its credit risk, the Organization has adopted policies whereby accounts receivable are reviewed regularly to reduce the risk of loss.

### Market risk

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. The Organization's investments in publicly traded securities expose the Organization to market price risk as such investments are subject to price changes in the open market. The Organization does not use any derivative financial instruments to alter the effects of this risk. The Organization has established an investment policy to mitigate the exposure of its investments to market risk.

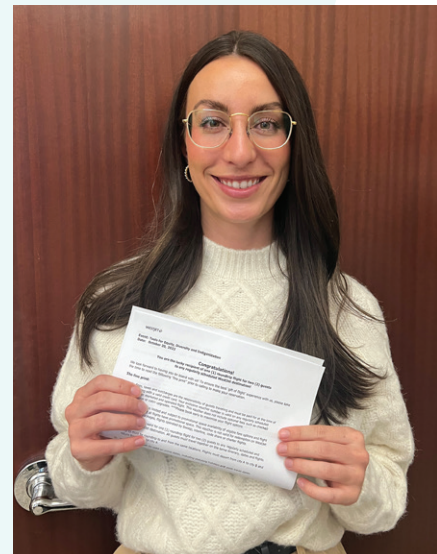


# THANK YOU PARTNERS AND SUPPORTERS

## GRANTS/FUNDRAISING/ DONATIONS:

- Ministry of Justice, Missing Persons Project
- Department of Justice, Missing and Murdered Indigenous Women and Girls Project
- Community Initiatives Fund
- SaskTel
- Access Communications
- Ministry of Health
- Access Communications
- Queen City Marathon, Designated Charity
- South Saskatchewan Community Fund
- Conexus Credit Union
- Crown Investments Corporation of Saskatchewan
- Boston Pizza
- Dusyk & Barlow Insurance Brokers LTD
- Journey to Hope
- Caring Hearts Raffle: Caring Hearts raised over \$4000. Thank you to West Jet for donating a trip for two from West Jet and to volunteers, and Caring Hearts Board and Staff for assisting in the sales. Special thanks to everyone who attended our event.
- Donations through Canada Helps as a donation in lieu of a fee from those who attend our grief groups.
- Businesses: Prairie Microworks; Boston Pizza; Dusyk and Barlow
- Monthly donations: Michael Lemarre; Mike and Brenda Wooley; and an undisclosed donor.

Congratulations to the winners of the Caring Hearts Raffle: Nicole Krupski, First Prize \$3400 value travel voucher anywhere West Jet flies



Caring Hearts Counselling Inc. is supported by the Government of Canada's Emergency Community Support Fund and South Saskatchewan Community Foundation.



Department of Justice  
Canada

Ministère de la Justice  
Canada

Canada



Government  
of  
Saskatchewan  
Ministry of Justice



South  
Saskatchewan  
Community  
Foundation



Community  
Initiatives  
Fund



conexus  
Credit Union



CIC

Crown Investments Corporation  
of Saskatchewan



Journey to Hope  
Regina



ACCESS  
COMMUNICATIONS CO-OPERATIVE



SaskTel



Boston  
Pizza



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