

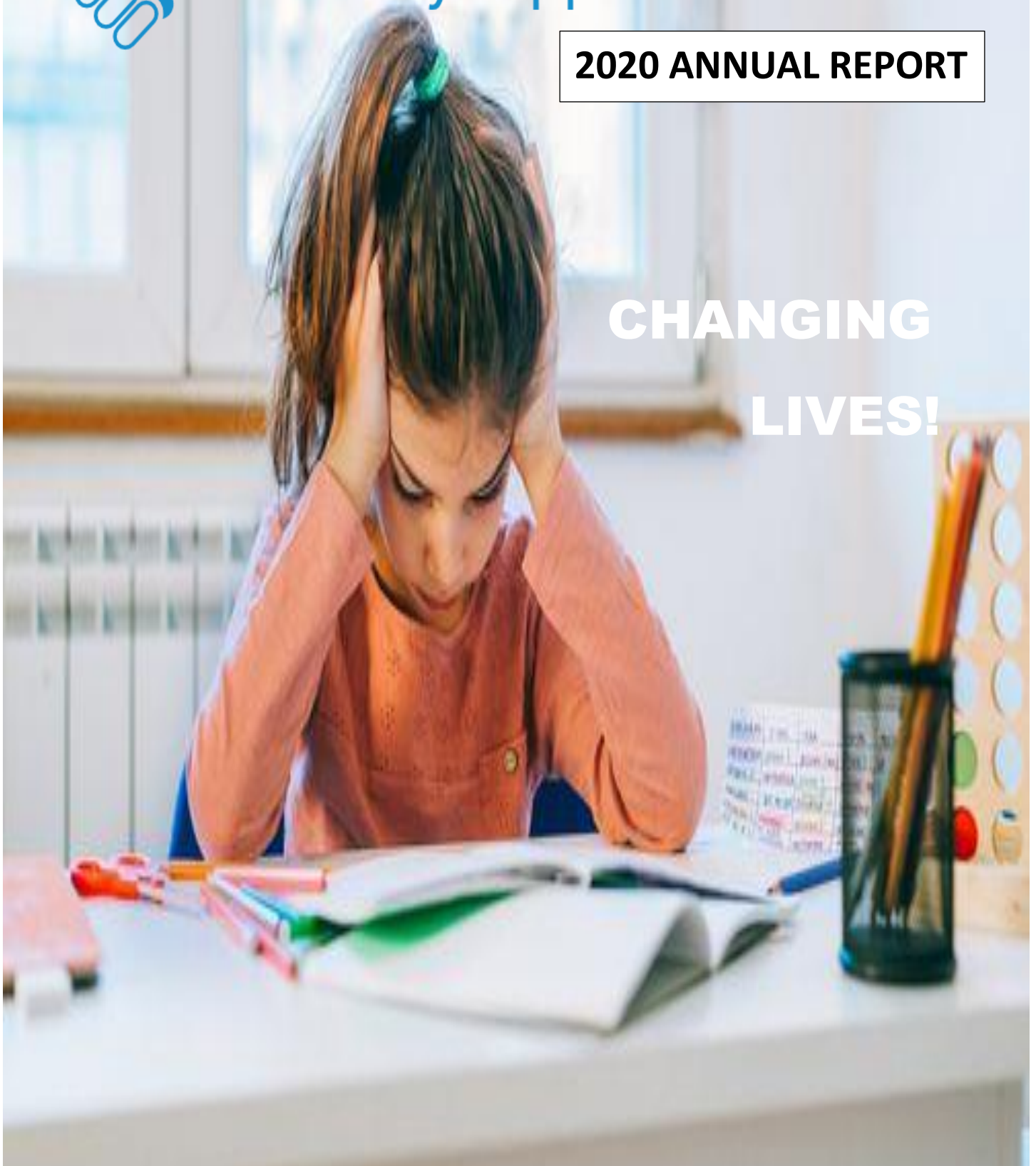


Reach Out Niagara

Family Support Services

2020 ANNUAL REPORT

**CHANGING
LIVES!**





Reach Out Niagara

Family Support Services



A LETTER FROM THE EXECUTIVE DIRECTOR

You've Changed Lives

You have made quite the difference in 2020! I am so thankful for the impact you are making in the lives of the those we serve. Many individuals and families have been able to feel connected to community with your support.

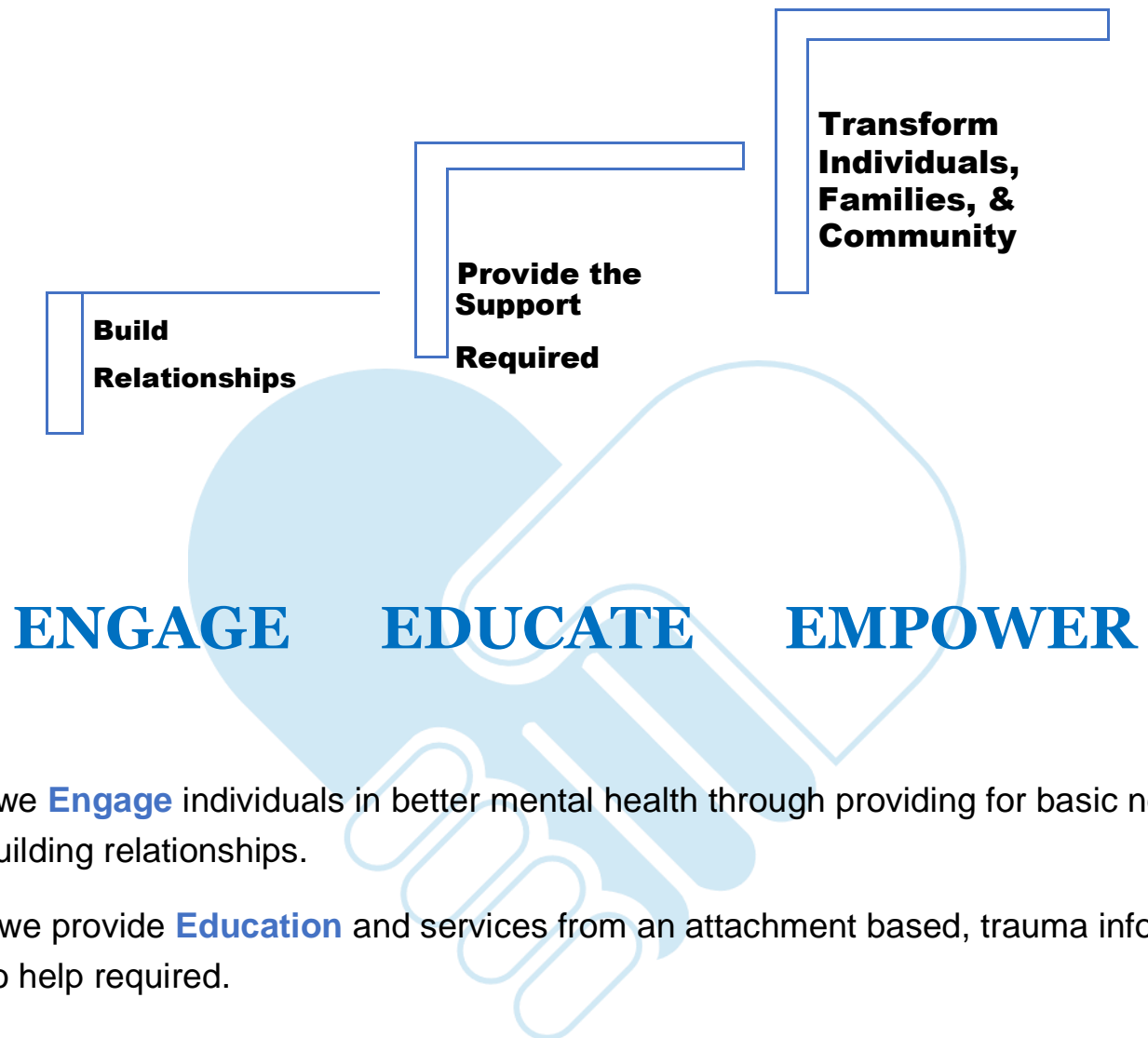
This pandemic has been tough for individuals and families in every community. Through your generous support, you have helped provide over 286 sessions of NeuroOptimal Neurofeedback Brain Training sessions to children, youth, and adults in the Niagara Region, access to an innovative tool to support mental health wellness.

You have also helped build relationships. Individuals have appreciated our team of counselors and volunteers being available to have a coffee or talk about the stressors they are facing, to feel less alone.

As we look forward to 2021. We know you will be thrilled to learn that we are launching a new play therapy and counselling program to help the children, youth, and adults who are in need of mental health support. With your help, we will continue to support the mental health needs of the Niagara Community!

Jodie Hiebert, MSW RSW, CPT-S
Executive Director, Reach Out Niagara Family Support Services

HOW WE SUPPORT THE COMMUNITY



First, we **Engage** individuals in better mental health through providing for basic needs and building relationships.

Next, we provide **Education** and services from an attachment based, trauma informed lens to help required.

Through this, we **Empower** individuals and families to be their best!

When we do these three steps, individual lives are changed. When individuals thrive, communities heal.

Our Strategy:

Reach Out Niagara Family Support Services approaches Mental Health and Addictions wellness through an attachment based, trauma informed lens. Additionally, with a focus on Neuro-Circuitry, we aim to assist and help our community members find life-affirming bridges in a non-barrier, safe assistance centre for both their immediate and long-term needs.

Reach Out Niagara Family Support Services vision is to engage individuals and families in the healing process. We provide attachment based, trauma informed psychoeducation and services aiming to empower those of all ages afflicted, their families, friends, and support givers. Through client-centered, effective, and efficient programs to improve the mental health and wellbeing of individuals of all ages afflicted, along with their families, friends, and support givers.



480 bags of fresh produce to families in need.



286 sessions of NeuroOptimal Neurofeedback provided.



Partnerships with Community Organizations to support our community.

Coffee Time Conversation Drop-in.



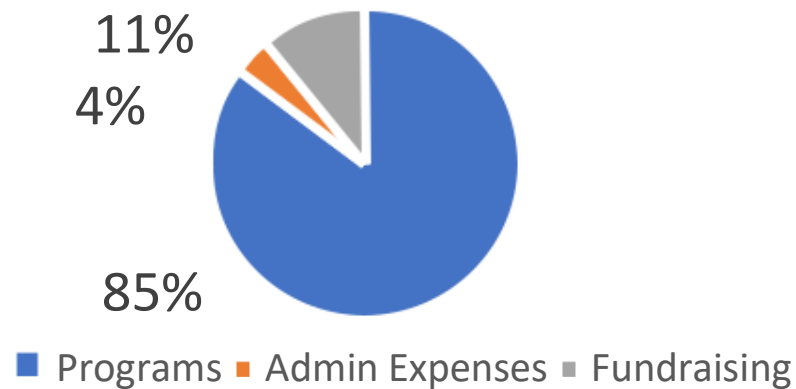


Reach Out Niagara

Family Support Services

Reach Out Niagara Family Support Services Financial Statement

We are dedicated to transparency and how funds are used.



Assets	2020	2019	2018
Cash	7,832	2,903	465
Inventory	11,000	0	0
Revenue			
Services	2,010	180	-
Donations & Sponsorships	5,492	2,533	465
Other (Merchandise)	360	360	-
Expenses			
Rent	0	0	-
Utilities	0	0	-
Office Supplies	2,155	1,268	-
Marketing	835	479	-
Professional Development	237	370	-
Program Supplies	150	240	-
Fees	129	50	-
Total Expenses	3,506	2,407	0
Total Cash at End of Year	\$ 4,196	\$ 631	\$ 465

2021 Will Be Even Bigger

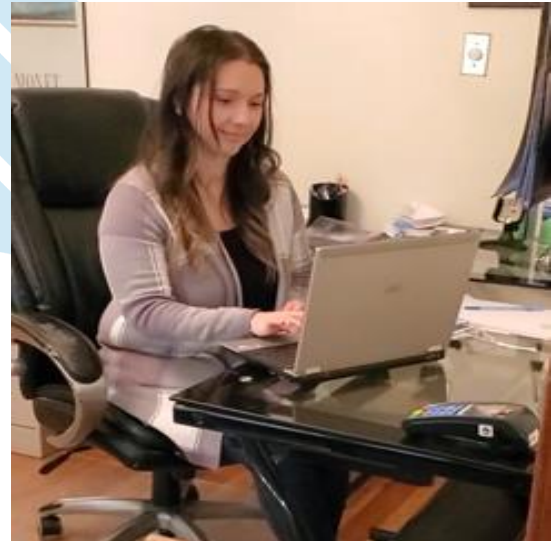
We are confident you will be excited to see our program additions for 2021!

We have fantastic initiatives already implemented for changing the lives of individuals and families in our community.



**Play Therapy and
Family Counselling
Services**

**Virtual Online
Counselling**



[Some testimonies from clients.](#)

“Neurofeedback has literally changed my daughter's life. We have seen so many positive shifts in her overall wellbeing and focus at school.”

“I feel like I am 15 years younger, I am doing the activities I enjoyed doing before I was diagnosed with cancer.”

“I feel more relaxed and able to manage my children's behaviours.”

“I lost some close family members this year, while it doesn't take away the pain neurofeedback has made the weight feel lighter. I am feeling better, started to work out again and feel calmer and more present with my kids.”

HOW YOU CAN HELP



We are a new and small organization, but we have already made, through collaborations with other organizations here in Niagara, lasting impacts to our clients and the community.

Corporate/ Organization Sponsor

Legacy Funding

Corporate/Organization Philanthropy

Corporate and Employee Engagement Initiatives

Corporate Support Matching

Our goal this year is to expand our days of operation, open a couple satellite locations throughout the region with the target of helping 300 more individuals and families.

The impact you will be having by supporting Reach Out Niagara Family Support Services will have far-reaching implications more than one could ever imagine in the community.



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Thank You!