



# ANNUAL REPORT

*Stella's Circle*

Hope Lives Here

2017/18



Throughout this 2017/18 annual report you'll see many faces and read about the experiences of our participants, staff, volunteers and donors who together make Stella's Circle such an impactful community organization. **At Stella's Circle, we are privileged to hear many stories from our participants.** Imagine the stories that have been told at Naomi Centre which celebrated its 30th anniversary this year. Or imagine the stories that have been told over a cup of tea at the Hungry Heart Café, celebrating its tenth year.

Our staff, managers and directors are compassionate and caring and work hard at helping participants achieve their fullest potential. **We listen very carefully to those stories and work closely with our participants and community partners to respond.**

I'm so grateful for the Board of Directors and the Foundation Board for their dedication and guidance. Our funders, donors, government and community partners allow our work to be done. Our participants share their stories and place their trust in us. They provide guidance and the voice of lived experience that inform our programs and services.

Thank you to everyone who works and volunteers at Stella's Circle. **We are an organization filled with people who care.** I'm very proud to be one of them.

Lisa Browne  
CEO



**As I look back on the 2017/18 year at Stella's Circle, I'm proud of the governance that our Board of Directors has provided to the organization.** We have added new skills around the Board table and we have developed a robust orientation and mentoring program for new Board members. We have regularly scheduled strategic meetings to tackle various issues, such as the organization's role in advocacy and the role of volunteers. The Board has recently approved an annual evaluation survey which will help us to ensure that we are working well together and maintaining our focus on governance issues. I am grateful for each Board member, their talent and their commitment.

I also appreciate our Foundation members, under the leadership of Chair Mark McLeod, for their commitment to raising funds for the organization. **Our funders and donors allow us to focus on offering innovative programs and services to meet the current and anticipated needs of our participants.**

Our Board is dedicated to achieving the mission and vision of the organization. As you read through this Annual Report, I hope that you're left with a very clear impression of how we all work together: Board, Foundation, staff, community partners, funders, donors and participants. **Central to all of our work, of course, are the participants who inspire us all everyday with their resiliency.**

I look forward to another year of transforming lives by offering Real Homes, Real Help and Real Work.

Kate O'Brien  
Chair - Board of Directors



Stella's Circle, governed by a volunteer Board of Directors, is a not-for-profit, community organization with 125 dedicated staff offering programs and services to 1000 inspiring participants. A variety of participant-focused programs are offered in three core areas:

**REAL HOMES:** emergency shelter as well as supportive and affordable housing and housing services to help people find a home to call their own;

**REAL HELP:** residential, community, and correctional-based counselling services to support people through life's challenges; and,

**REAL WORK:** education, training, and employment opportunities to help people with minimal or broken employment histories enter the work force.

Stella's Circle has been recognized nationally and internationally for programming provided to support some of our community's most marginalized individuals. The organization is supported by the Foundation Board, consisting of community-minded volunteers who raise funds for programs and services offered to participants.

**WHO WE SERVE**

We provide services to adults who face many barriers to fully participating in their community. These barriers include mental illness, addictions, trauma, poverty, homelessness, low literacy, criminal justice involvement, and long periods of unemployment.

**OUR MISSION**

Transforming lives through Real Homes, Real Work and Real Help.

**OUR VISION**

A home, a job, a community.



We will be a transparent and accountable organization.



We will be strong advocates who offer innovative programs and services to meet the current and anticipated needs of our participants.



We will be a financially diverse, viable, and sustainable organization.



We will be governed by a qualified, highly engaged volunteer board which ensures the mission of Stella's Circle.



We will be a well-managed organization that is recognized locally and nationally as a leader in the not-for-profit community.



**Stella's Circle Board of Directors**

*(April 1, 2017 - March 31, 2018)*

- Kate O'Brien, *Chair*
- Stephen Jewczyk, *Past-Chair*
- Greg Radu, *Vice-Chair*
- Baxter Rose, *Treasurer*
- Connie Duffett, *Secretary*
- Miriam Bowlby
- Charlene Brophy
- Signe Scharwey
- Len Simms
- Jim Carroll
- Jasbir Gill *(as of September 2017)*
- Claire LeDrew *(as of September 2017)*
- Beverly Clarke *(as of September 2017)*
- Suzanne Fitzgerald *(as of September 2017)*
- Vanessa McBay *(as of December 2017)*
- Joe McKenna *(as of January 2018)*
- Catherine Dempsey *(until September 2017)*
- Rev. Faith March-MacCuish *(Ex-Officio)*

**Board Member Emeriti**

- Alison Earle
- Fred Earle
- Very Reverend Dr. Marion Pardy
- Rebecca Roome



**Executive Staff**

- Lisa Browne, *CEO*
- Michelle Dyke, *Director of Corporate Services*
- Denise Hillier, *Director of Clinical Services*
- Rob McLennan,  
*Director of Employment Services*
- Karen Noel,  
*Director of Property and Development*
- Gail Thornhill, *Director of Housing Services*

Stella's Circle Housing Services Division helps people with complex needs find and remain in safe, affordable, and stable housing. We work to help people achieve greater self-determination by improving the conditions which promote housing stability. We also support community capacity building, as well as research, that will assist in the identification and development of supportive living services necessary to prevent and address homelessness.

REAVAIL  
HOPE  
HOUSES

**Brian Martin Housing Resource Centre (BMHRC)** offers counselling, advocacy, rapid rehousing, and other support services to help people find secure housing. Stella's Circle has 79 housing units and staff support individuals in maintaining both Stella's Circle housing and private market housing.

**Naomi Centre** provides temporary shelter and support for young women ages 16 - 30 years within a harm reduction model.

**Front Step**, an Intensive Case Management initiative, is co-managed by Choices for Youth and Stella's Circle and is delivered on behalf of End Homelessness St. John's. Front Step provides housing and supports to individuals experiencing the longest and most frequent episodes of homelessness in the St. John's community.

**1,725** case management activities were carried out at BMHRC to meet the goals of housing placement and housing retention such as counselling and assessments.



**A House to Call a Home**

Tom Jackman is a busy guy. You might find him volunteering as a Rogers camera person at the City of St. John's council meetings, speaking at national autism conferences or volunteering with the Home Again Furniture Bank. All his volunteer work helps him stay connected with the community, and he really likes knowing what's going on. Tom has been involved with Stella's Circle since 2007 and currently lives in one of our housing units. Tom says that, **"Being involved with Stella's Circle means you're not totally alone in the world."**

Home Again Furniture Bank is one of Stella's Circle community partners that provides furniture for many of our clients as they transition into independent living. Tom is thankful for his volunteer work with them. *"It makes me really appreciate my safe and clean housing at Stella's Circle. When I put myself in someone else's shoes, I see that it could easily be me needing some furniture to make a house a home. I'm happy to have a place to live at Stella's Circle where I can also get help or assistance when I need it."*

**Melendy Muise: A Voice with Lived Experience**

Melendy Muise is the Support Specialist for CASEY (Coalition Against the Sexual Exploitation of Youth). She has shared her story of being a survivor to national and international audiences. At the age of 16, Melendy found shelter at Naomi Centre several times, and she is very familiar with the importance of having an emergency shelter available for the young women in our community who need support and a place to stay. At our 30th anniversary celebrations in October, Melendy spoke about the shelter, **"Naomi Centre has been a safe place for young women for over 30 years. Every single staff member truly cares and are passionate about what they do."**

This past winter, Stella's Circle was fortunate to have Melendy co-facilitate the group **My Life, My Choice** at Naomi Centre, a preventative program that empowers vulnerable young women to protect themselves from sexual exploitation with a focus on healthy relationships. Melendy's lived



experience was an incredible addition to the group, which was funded by the SHOPPERS LOVE. YOU. Run for Women.

*"Co-facilitating My Life, My Choice has truly been a defining moment for me. It has totally reinforced that I am doing the right thing with my life and I am where I am supposed to be. When participants realize that I have lived experience and have been through many of the same situations that they are going through, you can see them relax immediately. It totally changes the dialogue - they know I already get it."*



Last fall Stella's Circle celebrated the 30th anniversary of Naomi Centre with an open house for the community.



All three women pictured have served as Program Manager at Naomi Centre: Laurie Pinhorn, former Naomi Centre Program Manager; Gail Thornhill, Director of Housing Services; and Jill Peckford, current Naomi Centre Program Manager.



**Keri Chambers: Making it Work for Participants**

Keri Chambers is an Occupational Therapist working in the Housing Services Division. She helps participants develop life skills related to housing and employment, and suggests home modifications and equipment to help people live more independently in their homes. As a seconded employee from Eastern Health she has worked at Stella’s Circle for the past 10 years. Keri says, “One of the things I like the most about working here is the feeling of possibility. **Stella’s Circle is always incorporating creative ways to provide support and housing to individuals. There is always an attitude of ‘let’s make this work’.**”

**92** Front Step supported 92 people with securing and/or maintaining housing. In March, the program reached capacity of 70 individuals and a waitlist has been started.

**Helping Fight Homelessness**

With a \$15,000 donation, **Paul Antle and Renee Marquis-Antle** have helped 28 people avoid homelessness. This generous donation was designated to provide participants of limited income with the critical financial resource needed to obtain access to safe and affordable housing.

“This fund has been essential in assisting people who have limited housing options and who often have nowhere else to go,” says Melanie Hickey, Housing Services Program Coordinator. “Helping our participants find safe, adequate and affordable housing is a key goal of our program so they have the confidence to tackle their own unique challenges with independence and dignity.”

**135** Naomi Centre Admissions  
2017/18 = 135  
2016/17 = 115  
2015/16 = 142

**3,893** 3893 recorded contacts with former Naomi Centre residents (756 meals were provided to former residents)

Stella’s Circle offers a range of residential, community, and correctional-based counselling services to support people through life’s challenges. We believe that with the necessary supports, people can reach their fullest potential.

REVALUED



**Community Support Program (CSP)** provides intensive assistance to people with complex mental health needs to improve the overall quality of their lives, and to reduce the length and number of admissions to hospitals and prisons.

**Emmanuel House (EH)** offers a four-month residential counselling program where adults can live while they address their social and emotional challenges in a supportive environment.

**Just Us Women's Centre** provides counselling and support to women who have been in conflict with the law. Services are provided in the community and at the Newfoundland and Labrador Correctional Centre for Women in Clarenville.

**45** CSP worked with 45 individuals. This program operates at full capacity with a current waitlist of 35 people.



**Tax Clinics for Participants**

Thanks to our partnership with the Canada Revenue Agency and the Community Volunteer Income Tax Program (CVITP), several tax clinics were organized for our participants. **These clinics happened both in the community and at the Newfoundland and Labrador Correctional Centre for Women in Clarenville.** Approximately 100 income tax returns were completed for 69 participants and inmates at the prison. Many thanks to the CVITP for helping many people access benefits and entitlements. It also opens up opportunities for housing, as tax filing can be a requirement for some housing arrangements.

**44** Of the 45 CSP participants, 44 of them maintained stable housing throughout the year with support from CSP staff.



**Equine Therapy: Straight from the Horse's Mouth**

Thanks to funding from United Way Newfoundland and Labrador, Stella's Circle was able to offer Equine Therapy to participants of our Community Support Program (CSP) and the Just Us Women's Centre. Many CSP participants often struggle in social situations and can be isolated and without a sense of community.

"Equine Therapy has been the absolute highlight this year for our Community Support Program," says Jackie Penney, a Case Manager with CSP at Stella's Circle. **"The most important benefit from equine therapy is that it gave extremely isolated individuals a chance to connect with a group of people and contribute to that group in meaningful ways.** We saw many themes emerge related to safety and trust. The results have truly been astounding."

**Participant Perspective - Elissa Porter**  
 "Equine therapy helped me learn to accept that sometimes things may be crappy. Despite that, we can still push through and give ourselves the credit for the successes we have, even if there are a couple of mistakes in between the successes. Accepting this is a really big weight off my shoulders."  
 —Elissa Porter, Just Us Women's Centre Participant

**59** Admissions to Emmanuel House  
 2017/18 - 59  
 2016/17 - 52  
 2015/16 - 58

**100%** Upon Leaving EH, 100% of survey respondents reported that they achieved some or all of their goals while at EH.

**205** Just Us Women's Centre Unique Participants  
 2017/18 - 205  
 2016/17 - 213  
 2015/16 - 209



### Starting the Day Off Right at Emmanuel House

Residents at Emmanuel House start each morning by discussing plans for the day and setting goals for the week. **They often discuss what Dialectical Behavior Therapy (DBT) skill they are going to practice that day, such as mindfulness or emotion regulation.** A discussion also includes inspirational quotes and virtue cards, which highlight virtues such as wisdom, or acceptance, for example. Participating in this group helps residents learn to establish structure and purpose for their day. It serves as a daily reminder of the skills they are learning, boosting confidence and problem solving abilities.



### Improved Connections for Incarcerated Mothers

Last fall the Just Us Women's Centre launched a project to enhance services for criminalized mothers. The project was made possible through SHOPPERS LOVE. YOU. Run for Women funding. Work has been ongoing by Social Worker Amy Sheppard in the development and planned facilitation of a grief and loss group for mothers who have lost their children to care, either temporarily or permanently. The project also focuses on improved networking between incarcerated mothers and their families, such as through a storybook program where mothers can record a book which is then shared with their child. **Improved connections between mothers and children is critical to creating healthier families and communities.**

The best social program is a job. Stable and meaningful employment is an important contributor to physical health, mental health and quality of life. Stella's Circle offers a range of employment and education programs.

REAL WORK



**Work Experience** is offered to suit individual participant interests, needs, and abilities through our food services training program at the Hungry Heart Café, trades helper program at Mullock Street Property and Development shop, Clean Start commercial cleaning, and through CanDo, our transitional employment enterprise.

**Employment Counselling and Groups** are offered to participants for employment readiness and career decision making. Participants can engage in a range of options to address their varying needs as they move towards work, school, and greater self-reliance.

**Adult Basic Education (ABE) Level I** offers foundational literacy and numeracy education through delivery of the standardized provincial government curriculum. the community and at the Newfoundland and Labrador Correctional Centre for Women in Clarenville.

**Adult Basic Education (ABE)**

In many cases the ABE program helps participants expand their options for the future, but their hard work is impacting relationships right now! Recently, the young daughter of one of our ABE students asked for help with her math homework. Our ABE participant initially hesitated but as she thought about it she then realized, *“I know this stuff now! I can actually help her.”*

“It takes so much courage for our program participants to tackle the challenges they face,” says ABE Instructor Jessica Lee-Middleman. **“These moments make it all worthwhile and bring so much joy to participants and Stella’s Circle staff!”**

**547** Employment Services Participants  
 2017/18 - 547  
 2016/17 - 511  
 2015/16 - 450

**86** 86 Employment Services participants returned to work or school.



**High Five for Sarah Mills**

Sarah Mills is an Employment Counsellor with the Employment Services Division and she has worked at Stella’s Circle for more than nine years. Last June, Sarah was honoured with the very first **Gord Butler Legacy Award** which promotes the importance of data in professional practice.

We asked Sarah how she felt about the award and working at Stella’s Circle and she shared, “As part of our strategic plan, providing innovative programs and services are always top of mind. **It is great to work at an organization that embraces the idea that collecting accurate and meaningful data equals informed service.** High five to everyone who ever stayed an extra five minutes to finish their case notes!”



Many thanks to Bell Let’s Talk for funding a horticultural program for Stella’s Circle participants, enabling five Stella’s Circle employees to be certified as Horticultural Therapists.



**Participant Perspective - Victoria Dyke**

“Throughout my life I have always had an interest in trades but never had the opportunity to explore it until recently when I participated in the Trades Helper program. **Not only did I learn many practical skills that will help me in maintaining my own household but I learned so much about myself in the process.** I gained confidence in my abilities and learned the importance of feeling uncertain but doing it anyway. It was refreshing to be treated with equality and like a part of the team from the minute I walked into the door.”

—Victoria Dyke, Trades Helper Program Participant



### Dominique Jean: Green Thumbs and Green Teams

Dominique Jean is a Group Facilitator/ Employment Counsellor with the Employment Services Division and runs many of the participant groups that happen at our Cabot Street location. Dominique also organizes the Green Teams funded by the NL Conservation Corps during the summer months that build and install garden boxes to sell. Given this initial experience with gardening, Dominique was selected as one of the five staff members chosen to do an online horticulture certification, funded by Bell Let's Talk. Thanks to Bell Let's Talk, horticultural therapy will be available to Stella's Circle participants starting the summer of 2018.

"I was very excited when I found out about the opportunity for the horticultural therapy certification. **I've seen participants experience powerful moments through nurturing plants.** This horticultural therapy program will better equip us to help clients experience more of these moments that are in abundance when you are outside with plants and nature."



### Home to Stay

Caitie Burke has been hired at Stella's Circle as the Project Coordinator for the Home to Stay Project. Home to Stay is an innovative intervention that aims to prevent homelessness among seniors with complex mental health needs by enabling them to age in community.

**6,100** Property & Development staff worked with 14 individuals with the Trades Helper Program and 9 students in the Cleaning Program, for a combined total of 6100 hours of instruction and work!



### Home of the Scone: Celebrating 10 Years of Socially Conscious Food

What better way to celebrate 10 years of success at our flagship social enterprise, than with a scone contest? After all, the scones at the Hungry Heart Café are revered far and wide (at least in St. John's). Also as part of the 10th anniversary celebration, the café offered **10** favourite dishes from the last **10** years for **\$10** each over **10** days! The café was packed with excitement and customers looking to try out these beloved dishes.

**90,000** Since the café opened in April 2008:  
• 50,000 workplace-based training hours provided  
• 90,000 employment hours worked

**#6** Did you know? The Hungry Heart Café, was listed in the Top 10 Restaurants of 2017 by Karl Wells and is ranked #6 out of 391 restaurants in St. John's on Trip Advisor!

The Hungry Heart Café is a socially responsible neighbourhood cafe and catering business featuring the freshest local products and many homemade specialties. As a social enterprise initiative of Stella's Circle, the Hungry Heart Café provides training opportunities to support those who have faced barriers to successful inclusion in the community.

## Meals<sup>2</sup>

### Meals Squared: Providing Nutritious and Delicious Meals

When customers come to the Hungry Heart to eat, they are helping feed people in our community. Adding \$2 to their bill enables the production of a well-balanced, delicious meal for a Stella's Circle participant. Hunger is often a problem in the population we serve, and Meals Squared allows us to leverage our skills and infrastructure to help eliminate it within our participants. Since June when the program was launched, 2000 meals have been purchased.

**Working together, our socially-minded customers are helping us provide delicious and nutritious meals to those in need.**



### What's Cooking Zach Porter?

Earlier this year, second year Cooking Apprentice Zach Porter started working in the Hungry Heart kitchen. We asked Zach why he likes working at the Hungry Heart Café. "You get to learn so many new skills in the kitchen. Working here really brings out the best in me and everyone else who works here."

## CLEAN START

Clean Start is a commercial cleaning social enterprise initiative launched in June of 2016. Not only do the cleaning teams keep businesses and offices sparkling clean, they also help individuals gain the skills required to obtain meaningful employment in the office cleaning and maintenance business.



### A Clean Start for Karen Peddle

For the last year and a half, Karen Peddle has been a dedicated employee at Clean Start, a commercial cleaning social enterprise of Stella's Circle. Karen loves her job and being part of the Stella's Circle community.

“Working with Clean-Start has helped me overcome my struggles and weaknesses, gain confidence and independence and helped me feel connected. It has also made me feel as though I am accepted and can reach my goals. When I go to work I feel relieved that I have a job and I am gaining skills I need to move forward. When I finish work I feel refreshed and renewed and I can think clearer about decisions I need to make. **Even if I'm frustrated work makes me feel better. At Stella's Circle I am accepted and have hope for the next day.**”

**22%** | 22% increase in signed contracts for Clean Start over the last fiscal year.



### An Honourable Reception at Government House

Telelink has been a happy customer of Clean Start for more than a year. Locally owned, Telelink is a leading provider of 24/7 live safety and inbound customer support solutions to over 400 organizations around the world. Cindy Roma and Sydney Ryan, Co-CEO's at Telelink, attended our Employer Appreciation Reception at Government House last May, which was held to thank the many employers that hire our Clean Start teams. Telelink has been so pleased with the work of Clean Start, they have recently increased their contract to clean seven days a week.

“Telelink's participation in the Clean Start program has been a true win- win,” says Cindy Roma, Co-CEO and Partner. “We absolutely love being able to support an organization with such an amazing purpose, and that is just the start of it. The team from Clean Start takes such wonderful pride and care of our Telelink home and have become an extension of our Telelink Family. **We are truly proud of our partnership with Clean Start and are delighted with the results.**”

As an in kind donation, Telelink also provides Stella's Circle our toll free number service for receiving donations over the phone. Stella's Circle is grateful to Telelink and all our employers and clients that work with us to make our community a better place for everyone.

**11,650** | Clean Start employees worked 11,650 hours.

# OUR MISSION

Currently in its eleventh year, the Stella's Circle Inclusion Choir is comprised of participants, staff and volunteers who come together weekly for rehearsal and to make a joyful noise. Led by volunteer choir director Helen Murphy, this past year included two performances at Government House and caroling in the community and at the Waterford Hospital at Christmas. Following up from last year, the documentary **Be the Change** was screened at two film festivals and the choir also performed at the NL Folk Festival in Bannerman Park with Amelia Curran. With so much activity and excitement choir members are feeling like rock stars!

40 | 40 practices / average of 30 attendees at each practice (ages 25 - 65)

1,200 | 1,200 meals were enjoyed following choir rehearsals.



**Participant Perspective - Thomas Finlay**  
 "When I'm at choir I feel lifted up. Singing clears my head. I really enjoy meeting people and getting out of the house. And the supper after practice is always delicious!"

—Thomas Finlay, Stella's Circle Inclusion Choir member



Eastern Health employees joined the Stella's Circle Inclusion Choir for a rehearsal as part of their 'Pay It Forward' initiative, giving back to the community.



**Dedicated Volunteer Hannah Wadman-Scanlan**

Stella's Circle Inclusion Choir volunteer Hannah Wadman-Scanlan recently finished her second year of music school at Memorial University, studying voice under the direction of Shelley Neville. Hannah first started volunteering with the Stella's Circle Inclusion Choir in September and since then, she says that choir rehearsals are what she most looks forward to every week. "What I love so much about the Inclusion Choir is the attitude of being completely judgement free, and the mindset that everyone has something unique to offer to the choir," says Hannah. **"It is so lovely to be part of an organization filled with people lifting up other people."**

**Congregation of the Sisters of the Presentation**

Thanks to funding received from the Congregation of the Sisters of the Presentation, Stella's Circle Inclusion Choir was able to purchase a new keyboard and hire an accompanist. This has enabled the choir practices and performances to be more consistent and flow more smoothly! The choir is singing with joy and thanks!



**Rob McLennan Hits the Right Note**

Rob McLennan is the Director of Employment Services at Stella's Circle and he also coordinates the Stella's Circle Inclusion Choir. Rob has always enjoyed music and singing and he has been part of the choir since the very beginning. Rob is a compassionate creator of the relaxed, welcoming atmosphere at choir events. He encourages all choir members to share their gifts and simply have fun. "External roles aren't important at choir," says Rob. **"We believe that everyone can sing and we support each other musically and otherwise."** Each week I see people make friends, enjoy themselves, build confidence and skills as they find their place at choir and beyond."



Stella's Circle Inclusion Choir members were thrilled with the opportunity to perform twice during the year at Government House

# HIGHLIGHTS

I was sad when I came here. BUT I was happy before I went back home



The Wellness Committee organized three KEYS Sessions for employees this year. KEYS stands for Keep Educating Yourself, and topics covered goal setting, budgeting and overall wellness.



Stella's Circle staff, family and friends were so pleased to walk in the Pride Parade in downtown St. John's! #LoveisLove



Stella's Circle employees gathered for our third annual All Staff Meeting.

# DEDICATED FOUNDED



In October, the Just Us Women's Centre held a dedication and smudging for Tara's garden and the benches in front of the building, celebrating diversity within our community. The purple bench represents violence against women. The light & dark blue bench represents missing and murdered Indigenous women and girls.



Congratulations to our CEO Lisa Browne, for being selected as one of the Top 50 CEOs in Atlantic Canada by Atlantic Business Magazine!



Almost 800 runners and walkers joined The SHOPPERS LOVE. YOU. Run for Women to help raise money for women's mental health at Stella's Circle.



FOUNDATION BOARD OF DIRECTORS



**Foundation Board of Directors**  
 (April 1, 2017 - March 31, 2018)

- Mark MacLeod, *Chair*
- Cathy Duke, *Vice-Chair*
- Baxter Rose, *Treasurer\**
- Paul Fowler
- Paul Gardiner
- Ted O'Keefe
- Dan Penney
- Vanessa Newhook (*as of December 2017*)
- Kristen Penney (*as of December 2017*)
- Andy Fisher (*as of January 2018*)
- Bob Carter (*as of January 2018*)
- John Baker (*until September 2017*)

\*Stella's Circle Board of Directors Liaison



LETTER FROM THE FOUNDATION CHAIR

**Our Foundation Board was thrilled this fiscal year when we concluded the Changing Lives Campaign.** Thanks to the donors to that campaign, we are seeing the impact of an Employment Training Centre, helping participants gain the skills and work experience they need to secure employment or further their education.

This Annual Report highlights donors and their impact on participants. **The Foundation Board and the staff of Stella's Circle are grateful for such wonderful support from our community.**

I am grateful to our Foundation Board members who very passionately believe in the mission of Stella's Circle. Believing so strongly in the mandate of the organization means that

we are motivated to see it continue to offer innovative programs and services. Over the upcoming year, for example, the organization has identified a need to offer non-traditional, or adjunctive therapies, that have proven clinical effectiveness. **While traditional talk therapies form the basis of the majority of Stella's Circle work with participants, it is not always effective for everyone. Adjunctive therapies such as music, equine, art, pet, horticulture, photography, and yoga can have a profound impact on people.** We look forward to raising funds for adjunctive therapies so that they can be offered in a consistent manner along with the traditional therapy offered at Stella's Circle.

Mark MacLeod  
*Chair, Foundation Board*



### Cathy White

With almost 10 years of experience at Stella's Circle, Cathy is the smiling and efficient donor relations person, along with her other duties as Executive Assistant to the CEO.

**“Through my role at Stella's Circle, I am inspired every day by participants, donors, volunteers and my colleagues,”** says Cathy.

“It is a privilege to consistently witness the very best of our community and the generosity of those who align with us to provide Real Homes, Real Help and Real Work to those who need a hand up.”



### Carolyn and Jim Marshall

Carolyn and Jim Marshall celebrated their 50th wedding anniversary last fall. In lieu of cards or gifts they asked guests to donate to Stella's Circle and they raised \$1000! Jim and Carolyn met at a Burry Heights camp run by Stella Burry herself when they were 15 years old. Carolyn was working in the camp kitchen and she told us she still remembers when Jim arrived at the camp. “This tall boy walked off the bus with his big brown eyes, and that was it,” Carolyn shared. Two years later they met up again and the rest as they say, is history. Congratulations on 50 years of marriage and thank you so much for thinking about our participants!



L-R: MHA Bernard Davis, Mayor Danny Breen, CEO Lisa Browne, Minister Al Hawkins, and Foundation Chair Mark MacLeod



Malcolm McClean from Husky Energy brings greetings at the Changing Lives Campaign celebration.

### Changing Lives Campaign FINISHED

Thanks to YOU, the Changing Lives Campaign was completed in September! The \$13 Million campaign raised funds to establish our Employment Training Centre on Cabot Street. Thank you to our volunteers, donors, supporters and staff for such dedication and commitment to help people gain skills and experience to obtain employment.



### Leo Browne Memorial Fund

In July 2017, the Browne Family generously set up a fund at Stella's Circle in memory of their son and brother, Leo, to help participants overcome various obstacles that may be barriers to mental health recovery. **“We set up this fund to honour Leo's kind and generous spirit,”** said his mother Mary, **“and make a meaningful impact on others.”** With contributions from many family and friends, the Fund has already helped a number of participants, paying for things that would normally not be funded from other sources yet would have a significant impact on the participant. Stella's Circle is grateful to the Browne Family for entrusting us with the beautiful memories of their son and brother.

**Donor Recognition**

(April 1, 2017 - March 31, 2018)

**Benefactor (\$100,000 - 499,999)**



**Partner (\$25,000 - 99,999)**



**Builder (\$10,000 - 24,999)**

Bell Let's Talk  
 Ecclesiastical Insurance Office—Community Impact Grant  
 Engineering Student Society A  
 Home Depot of Canada Foundation  
 Mark MacLeod & Roberta DiDonato  
 MUN Medical School - Monte Carlo Gala

**Associate (\$1,000 - 9,999)**

Anonymous (11)  
 Beverley Clarke  
 Bluedrop Performance Learning  
 Bruce Dyke & Oonagh O'Dea  
 Cathy Duke  
 Chris Collingwood  
 Congregation of the Sisters of Mercy  
 Congregation of the Sisters of the Presentation  
 Elinor Ratcliff C.M., O.N.L., LLD (hc)  
 Eve Roberts  
 Executive Coffee Services  
 Gary Davies  
 Harding Family Fund  
 Heather Duggan and Alan Cook

**Associate continued...**

Jim & Carolyn Marshall  
 Karl Smith  
 Lisa Browne and Tim Hollett  
 Leo Browne Memorial Fund  
 Marine Institute International  
 Mary Browne  
 Milton Vokey  
 O'Brien White  
 Paul Antle & Renee Marquis Antle  
 Paul Gardiner  
 Richard Rogers Q.C.  
 Roger Pearson and Marget Davis  
 The Canadian Federation of University Women - St. John's  
 The Margaret & Douglas Anderson Family Foundation  
 The O'Neill Foundation Inc.  
 The United Way of Newfoundland and Labrador  
 Tom and Susan Foran  
 United Church Men's Groups  
 United Church Women's Groups  
 Yvonne Earle

**In Kind**

Anne (Winsor) Gosse - Annecraft Specialties Inc.  
 Dave Hiscock  
 Dave Strong  
 Jo Mark Zurel & Sarah Colborne  
 Jonathan Gushue  
 Perfect Day  
 Telelink



**THANKING OUR FUNDERS**

We are so grateful to our funders for their financial support, expertise, and guidance.

**Government of Newfoundland and Labrador**

- Department of Advanced Education, Skills & Labour
- Department of Children, Seniors and Social Development
- Department of Health and Community Services
- Department of Justice and Public Safety

**Eastern Health**

**Newfoundland & Labrador Housing Corporation**

**Government of Canada**

- Correctional Services Canada

**City of St. John's**

**The United Church of Canada**

- Mission & Service Fund
- Embracing the Spirit Grant

**DONATE TO STELLA'S CIRCLE**

You can help Stella's Circle in our mission to transform lives through Real Homes, Real Help, and Real Work. Donations can be made on a one-time basis, monthly, or on a customized schedule to suit your needs.

**WAYS TO DONATE**

- Online at [StellasCircle.ca](http://StellasCircle.ca)**
- Via phone at 709-738-7730**
- By mail or in person at 142 Military Road, St. John's, NL A1C 2E6**

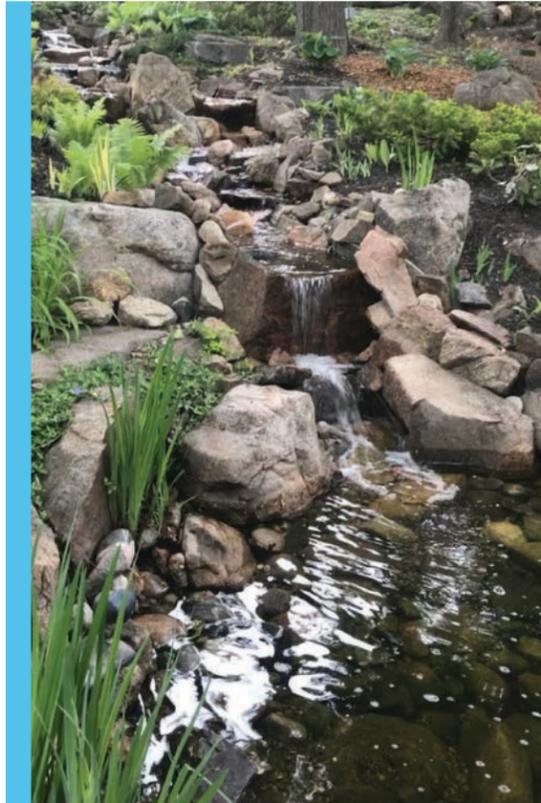
**PLANNED GIVING**

Planned giving refers to charitable gifts that require some planning. They are promised today and given in the future. Planned gifts may work for you, since there are tax benefits.

The most common form of planned gifts are:

- Bequest:** a gift through your will
- Gifts of Securities:** a gift through publicly traded stocks, bonds or mutual funds
- Gifts of Insurance:** a gift through a life insurance policy

For more information about how to arrange a planned gift for Stella's Circle, contact Cathy White at: [c.white@StellasCircle.ca](mailto:c.white@StellasCircle.ca) or (709) 738-7730



Stella's Circle is always striving to support our participants in innovative ways so they can be healthy, confident and self-reliant. Adjunctive therapy opens doors for our participants to find their own strength on the road to recovery, when traditional therapy is just not enough.

Your donation will provide a unique therapeutic option for someone struggling with mental health.



**About Adjunctive Therapies**

While traditional talk therapies form the basis of the majority of our work with participants, we recognize that they are not always effective for everyone. Non-traditional, or adjunctive therapies, have proven clinical effectiveness and Stella's Circle participants who have taken part in these programs report exceptional results. Examples of adjunctive therapies include music, equine, art, pet, horticulture, photography, and yoga. However, traditional funding models do not support these sort of therapies, focusing instead on traditional modalities. As a result, our ability to offer these therapies has been ad hoc, making them less effective than they can be.

**Proven Benefits**

Tremendous improvements have been observed in participants during initial offerings of adjunctive therapies. Adjunctive therapies can promote both verbal and non-verbal expressions of thought and allow participants to creatively process emotions. Participants are given the space to project and analyze their situations, make connections, and find their own solutions. Since the solutions are personally experienced in conjunction with intellectual understanding, they tend to be deeper, more profound, and last longer.



Stella's Circle is uniquely positioned to provide innovative adjunct therapies. We can offer them along with traditional therapy, and build on the successes of both together.

With your help adjunct therapy programming can be provided to Stella's Circle participants on a consistent and sustainable basis each year.

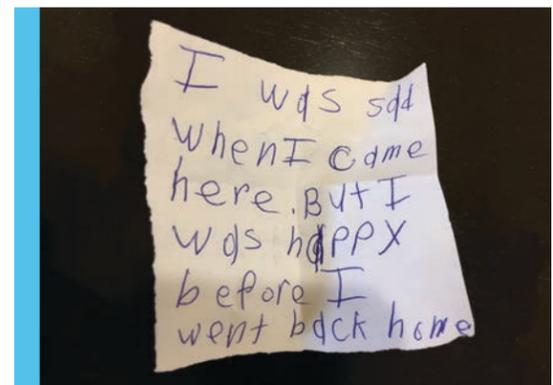


"I have seen how a simple art session has served to improve focus and relieve anxiety. It improves critical thinking by allowing participants to experiment with ideas in a safe environment. We learn that mistakes can be corrected, changed completely or simply appreciated for what they are."

– Art-based Therapy Instructor

"I wish art-based therapy was offered again soon. The last time I took part, it was so helpful!"

– Participant



From a member of the Stella's Circle Inclusion Choir. Before each rehearsal, choir members are invited to write down what they are grateful for. This was one response.

STELLA'S CIRCLE COMMUNITY SERVICES INC.  
STATEMENT OF FINANCIAL POSITION  
March 31, 2018

	2018	2017
<b>ASSETS</b>	<b>\$</b>	<b>\$</b>
CURRENT		
Cash	548,031	542,620
Term deposits	54,600	54,477
Accounts receivable	281,991	314,502
Due from Stella Burry Foundation Inc.	146,832	-
Harmonized sales tax recoverable	18,236	261
Inventory	7,966	6,821
Prepaid expenses	204,992	220,410
	1,262,648	1,139,091
CAPITAL ASSETS	11,508,880	11,966,791
	12,771,528	13,105,882
<b>LIABILITIES AND NET ASSETS</b>	<b>\$</b>	<b>\$</b>
CURRENT		
Demand loan	45,475	194,532
Accounts payable	365,602	403,202
Wages payable	375,522	338,954
Due to Stella Burry Foundation Inc.	-	41,724
Current portion of long term debt	53,937	51,042
Deferred contributions	308,430	212,192
	1,148,966	1,241,646
LONG TERM DEBT	1,134,393	1,239,621
DEFERRED CAPITAL CONTRIBUTIONS	8,990,246	9,242,562
ACCRUAL FOR SEVERANCE LIABILITIES	247,231	197,626
	11,520,836	11,921,455
NET ASSETS		
Unrestricted fund	827,641	761,376
Internally restricted maintenance replacement reserve fund	423,051	423,051
	1,250,692	1,184,427
	12,771,528	13,105,882

STELLA'S CIRCLE COMMUNITY SERVICES INC.  
OPERATING STATEMENT OF REVENUE AND EXPENDITURES  
Year Ended March 31, 2018

PROGRAM	2018			2017		
	Revenue \$	Expenditure \$	Under/ (Over) Expenditure \$	Revenue \$	Expenditure \$	Under/ (Over) Expenditure \$
Emmanuel House	1,210,995	1,207,279	3,716	1,152,569	1,148,287	4,282
Naomi Centre	1,043,581	1,059,327	(15,746)	1,046,453	1,051,030	(4,577)
Community Support Program	1,396,821	1,395,611	1,210	1,390,038	1,389,914	124
Employment Services	1,184,351	1,184,351	-	1,186,342	1,185,042	1,300
Adult Basic Education	83,461	83,462	(1)	83,461	83,462	(1)
Supportive Housing Team	708,701	710,665	(1,964)	711,877	709,825	2,052
Just Us Women's Centre	368,355	374,364	(6,009)	340,074	346,357	(6,283)
Property Management	829,577	708,066	121,511	853,236	754,548	98,688
General Operations	480,722	481,141	(419)	453,538	449,224	4,314
Can Do	405,009	405,012	(3)	365,622	365,515	107
Hungry Heart Cafe	626,135	621,686	4,449	653,386	648,722	4,664
Technical Resource Facilitator	134,801	134,801	-	132,316	132,317	(1)
Wellness/Outreach Services	68,866	68,866	-	42,459	42,459	-
Front Step	663,051	663,052	(1)	478,700	478,700	-
Transitions to Work	31,583	31,583	-	-	-	-
Rapid Rehousing	122,121	122,122	(1)	-	-	-
Home to Stay Project	47,387	47,388	(1)	-	-	-
Stella Burry Foundation	23,463	23,464	(1)	-	-	-
Excess of revenue over expenditures	9,428,980	9,322,240	106,741	8,890,071	8,788,276	104,669
Amortization of deferred capital contributions not credited to programs.			467,701			462,223
Amortization of capital assets not charged to programs			508,177			511,856
Excess of revenue over expenditures			66,265			55,036
Transferred to Maintenance Replacement Reserve			(66,265)			(50,000)
			-			5,036

STELLA BURRY FOUNDATION INC.  
STATEMENT OF FINANCIAL POSITION

March 31, 2018

	2018	2017
<b>ASSETS</b>	<b>\$</b>	<b>\$</b>
CURRENT		
Cash	409,482	99,688
Marketable securities, stated at market value	26,016	24,863
Accounts receivable	38,598	10,255
Due from related parties	-	41,724
Prepaid expenses	-	607
	474,096	177,137
<b>LIABILITIES AND NET ASSETS</b>	<b>\$</b>	<b>\$</b>
CURRENT		
Accounts payable	2,641	5,489
Due to Stella's Circle Community Services Inc.	146,832	-
Deferred revenue	291,200	137,493
	440,673	142,982
<b>NET ASSETS</b>	<b>33,423</b>	<b>34,155</b>
	474,096	177,137

STELLA BURRY FOUNDATION INC.  
STATEMENT OF REVENUE AND EXPENDITURES

Year Ended March 31, 2018

	2018	2018	2018	2017
<b>REVENUE</b>	<b>Unrestricted \$</b>	<b>Restricted \$</b>	<b>Total \$</b>	<b>Total \$</b>
Donations	101,190	371,421	472,611	459,304
Special events	14,829	-	14,829	53,256
Interest from other sources	1,152	-	1,152	3,127
	117,171	371,421	488,592	515,687
<b>EXPENDITURES</b>				
Funds allocated to Stella's Circle programs	95,576	371,421	466,997	498,797
Fundraising	13,694	-	13,694	9,993
Interest charges and fees	3,583	-	3,583	2,525
Audit Fees	2,800	-	2,800	2,822
Dues and subscriptions	1,769	-	1,769	1,880
Board and committee	413	-	413	519
Advertising and promotion	68	-	68	323
Office supplies	-	-	-	43
Amortization	-	-	-	392
	117,903	371,421	489,324	517,294
<b>EXCESS OF EXPENDITURES OVER REVENUE</b>	<b>(732)</b>	<b>-</b>	<b>(732)</b>	<b>(1,607)</b>

The financial information in this annual report is a component of our complete audited financial statements which are available on our website at [StellasCircle.ca](http://StellasCircle.ca) or by calling 709-738-7730.



# *Stella's Circle*

Hope Lives Here



Stella's Circle  
Administration Office and Foundation Office  
The Jocelyn Greene Centre  
142 Military Road, St. John's, NL A1C 2E6

StellasCircle.ca  
709-738-8390  
Info@stellascircle.ca