A man with short hair and a goatee, wearing a grey zip-up sweater over a dark t-shirt, is sitting on a couch and smiling at the camera. A black dog is sitting next to him, looking towards the camera. The background shows a bookshelf filled with books and a framed abstract painting on the wall.

# TRANSFORMING LIVES

Annual Report  
2018/19

*Stella's Circle*

Hope Lives Here

## Cover Story: In His Words

by participant Jesse Dalton

### **This is my story of hope.**

I write to you from a lovely two bedroom apartment nestled in a quiet community. My dog rests by my side and for the first time in years I feel safe. Until recently, such stability had not seemed possible.

At the age of 12 my childhood was abruptly thrown off course. After receiving a traumatic brain injury my behaviour quickly declined. Within months I had attempted suicide and I was hospitalized for a psychiatric evaluation where doctors began administering a wide variety of antipsychotic medications that caused me to slip into a catatonic state. I was misdiagnosed with schizophrenia and over the next five years I was hospitalized thirty-two times. At the age of 17, after a year of extensive testing, I was finally given an accurate diagnosis and placed into the care of my mother.

Three years ago she passed away from a long battle with cancer, and with that my quality of life spiraled out of control. **I survived last winter by sleeping in a storage unit. I lost over 40 pounds and all hope, but I never gave up.**

Finally on one forlorn morning I made a final attempt to better my situation by reaching out to Stella's Circle. Without hesitation they opened their arms, and I took my first step into the Brian Martin Housing Resource Centre. Since that fateful morning their staggering support and generosity has completely altered my life. **Because of them, I now dwell in a home I can call my own, they've helped me obtain the counselling services needed to heal from my past, and have even provided me with a washing machine.** There has rarely been a day they haven't sought me out to ask about my well-being or if I needed anything.

I'm now hoping to work with the team at Stella's Circle Employment Services to market my own hot sauce recipe. **Thanks to the team at Stella's Circle, I have now found hope and a proper foothold to help propel me into a more prosperous future.**

## ANNUAL REPORT 2018/19

Over the last year, Stella's Circle identified five core values—our principles and beliefs—that support our vision and mission and shape the culture of the organization. The values were developed through consultations with staff, participants and volunteers. Living these values helps to hold us accountable for our actions and provides us with direction.

Everything that we do at Stella's Circle connects to our values of **Respect**, **Wisdom**, **Connectedness**, **Innovation** and **Courage**.



This Annual Report contains both stories and indicators that demonstrate the impact our programs and services have on individuals in the community who need support and guidance to move forward with their lives.

## ABOUT US

Stella's Circle, governed by a volunteer Board of Directors, is a charitable community organization with 125 dedicated staff and 50 volunteers offering programs and services to 1000 inspiring participants annually. A variety of participant-focused programs are offered in the areas of housing, counselling and employment. A Foundation Board, consisting of community-minded volunteers, raises funds for programs and services offered to participants.

Inclusion and recovery are consistent themes throughout our programming and we focus on providing a hand up, not a hand out. We believe in recovery and an individual's ability to change their lives.

## WHO WE SERVE

Stella's Circle provides 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.



### 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 Executive Staff (from L to R):  
Karen Noel, Gail Thornhill, Rob McLennan,  
Lisa Browne, Michelle Dyke, Denise Hillier.



# RESPECT





# RESPECT

**We value *Respect*, which means:** We value people *without judgement*. We treat people with dignity and recognize their *rights, opinions, experience, knowledge* and *competence*. Everyone has a story and *every story is important*.

## KEY BEHAVIOURS

### How do we demonstrate that we value Respect?

We are grounded in social justice principles, aimed at decreasing/eliminating inequity.

We actively listen and work to develop strong relationships based on trust.

We do the best we can with the abilities and skills that we have.

We work hard to create and model healthy boundaries and create spaces where people feel safe.

We encourage a healthy work life balance.

We follow privacy and confidentiality best practices.

We understand that financial resources are entrusted to us and we honour the funders and donors by using the money efficiently and respecting donor designations.





**FROM OUR CEO, LISA BROWNE**

Everyone has a story and everyone deserves respect and dignity. There are many stories throughout this Annual Report that showcase the resiliency of our inspiring participants and the wisdom and expertise of our volunteers and staff. Our connection and collaboration with our many community partners makes us stronger. Thank YOU – our donors, funders and supporters for enabling Stella's Circle to do innovative and courageous work in our community to transform lives.



**STELLA'S CIRCLE INCLUSION CHOIR**

The Stella's Circle Inclusion Choir had its busiest year yet participating in a total of 15 performances and workshops to 1700 people in live audiences, plus more for those concerts which were broadcast live or recorded and posted online. Each performance is a new experience for the choir members and an opportunity to promote the choir and the Stella's Circle message of hope! The choir offers a space for members to come as they are, to be heard and to belong. The choir is a place for all of us to do the best we can with the abilities and skills that we have, which is one of the ways that we demonstrate our value of respect. The Stella's Circle Inclusion Choir offers members a safe place of support and community to share and grow.

**“Singing always boosts my spirits.”**

**“Choir practice is a warm place on a rainy night.”**

**— Stella's Circle Inclusion Choir members**





Staff from our Housing Services Division work with individuals to help them find and maintain safe and affordable housing.

### FRONT STEP

Front Step is part of our Housing Services Division and is co-managed by Stella's Circle and Choices for Youth on behalf of End Homelessness St. John's. Front Step employees work with individuals who have experienced the most frequent and chronic episodes of homelessness.



**25** Front Step participants have been stably housed for over a year



**91** individuals were supported by Front Step over the past fiscal year

### FRONT STEP PARTICIPANTS

**83%**  
report a legal history

**90%**  
report a mental illness

**93%**  
report having an addiction at some point in their life





# WISDOM





# WISDOM

**We value *Wisdom*, which means:** We have *in-depth knowledge* and put that knowledge into practice. We are *aware of our responsibility* as a leader in the community. We are able to *explain openly and confidently* how and why we do the things we do.

## KEY BEHAVIOURS

### How do we demonstrate that we value Wisdom?

We believe in the importance of personal and professional development opportunities.

We believe in the importance of a highly qualified and engaged board to oversee governance.

We recognize the importance of new and different ways of doing work and will strive to apply best practices in the work that we do.

We work hard to effectively communicate openly and transparently.

We work hard to break down barriers.

We provide opportunities to teach and mentor.

We advocate on issues related to our mission and our ability to fulfill our mission.





Board and foundation members volunteering at Christmas dinner.

## BOARD OF DIRECTORS

**Stephen Jewczyk** Chair

**Jim Carroll** Secretary

**Connie Duffett** Vice Chair

**Baxter Rose** Treasurer

**Signe Scharwey**

**Len Simms**

**Joe McKenna**

**Charlene Brophy**

**Suzanne Fitzgerald**

**Vanessa MacBay**

**Jasbir Gill**

**Claire LeDrew**

**Miriam Bowlby**

\***Kate O'Brien**

\***Greg Radu**

\***Beverley Clarke**

**Rev. Faith March-MacCuish**

Ex-Officio

## MEMBER EMERITI

**Very Reverend Dr. Marion Pardy**

**Fred Earle**

**Rebecca Roome**

## FOUNDATION BOARD

**Mark MacLeod** Chair

**Cathy Duke** Vice Chair

**Baxter Rose** Treasurer

**Bob Carter**

**Vanessa Newhook**

**Kristen Penney**

**Andrew Fisher**

**Dan Penney**

**Ted O'Keefe**

**Paul Fowler**

\***Paul Gardiner**

## BOARD CHAIRS FOCUSING ON VALUES

Both the Stella's Circle Governance Board and the Stella's Circle Foundation Board are proud to have had input into the development of organizational values. We carefully considered how we define the values and their key behaviours.

For the value of wisdom, we recognize the importance of highly engaged and qualified board members. We are grateful for the leadership—governance and fundraising—provided on both Boards.

We also recognize the importance of new and different ways of doing work. Over the past year, for example, we have done a lot of work around seniors with complex mental health issues. This is a relevant and much-needed demographic focus.

And we are focusing on innovative therapeutic mental health programming, through expressive therapies such as equine and horticultural therapy, to supplement traditional talk therapy. Our Foundation Board is excited with the response received to date for our fundraising campaign to enable Stella's Circle to offer expressive therapies on a consistent basis.

Living the values will help us achieve our vision of *A Home, A Job, A Community*. We're proud to be working together as Stella's Circle continues to transform lives.

*Stephen Jewczyk, Chair, Board of Directors*  
*Mark MacLeod, Chair, Foundation*

\*Served on the Board at some point during 2018/19



## PROUD STAFF MENTORS

Hungry Heart staff were so proud to see a past student trainee return to regular employment at the Hungry Heart Cafe. This demonstrates great development in his culinary journey. As well, a chef apprentice has been honing his skills and is excited to be attending his next school block in the fall, bringing him one step closer to a Red Seal designation.



“I used to have anxiety attacks in the mornings when I had my old job and I dreaded going to work. Now [at the café], I absolutely love going to work – they’re so supportive up there, it means a lot.”

— *Hungry Heart Participant Trainee*

*Turkey Penne is prepared for the Meals Squared program. Almost 800 individual meals were produced in 2018/19.*



## MEALS SQUARED – CAFÉ CUSTOMERS HELPING US FEED PARTICIPANTS

When customers come to the Hungry Heart Café for a delicious breakfast, lunch or supper they are able to add \$2 to their bill to support our Meals Squared program. The funds collected support the production of well-balanced, delicious meals for people who need them as hunger is often a problem in the population we serve. The concept is familiar and simple and the meals take several forms – a frozen individual serving to be taken home or meals served at community partner events. Meals Squared is an innovative solution, demonstrating our value of wisdom, where we work to breakdown barriers. In 2018/19, our Meals Squared program has produced almost 800 individual meals for participants and other community partners such as Choices for Youth. In addition, the funds have been used to create 1250 community meals.



## Naomi Centre

2018/19

**120 Admissions**

Average length  
of stay **19.8 days**

**87 unique  
participants**  
with 72% having  
only 1 admission

2017/18

**135 Admissions**

Average length  
of stay **16.23 days**

**86 unique  
participants**  
with 72% having  
only 1 admission

2016/17

**115 Admissions**

Average length  
of stay **20.6 days**

**86 unique  
participants**  
with 66% having  
only 1 admission

*This may demonstrate that participants are remaining housed or supported in the community, thereby not requiring repeat admissions to the shelter.*



The Sewing Sisters of the CBS Salvation Army Corps donated a beautiful quilt to Naomi Centre



Average occupancy  
rate: 87%

Average age of  
residents: 22 years

51% of residents are  
between the ages  
of 18 – 24

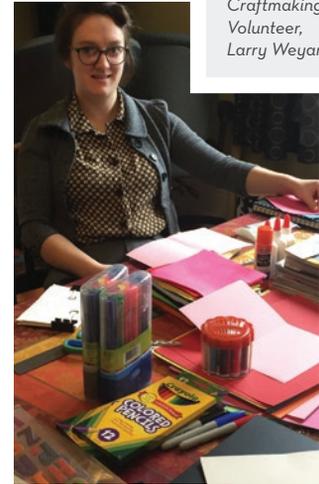


## NAOMI CENTRE CRAFTMAKING VOLUNTEER

Larry (Laurence Weyand) is a Naomi Centre volunteer. Larry recently moved to our province to investigate the healing properties of craftmaking. She shares this approach with residents and former participants (ages 16 to 30) of Stella's Circle young women's shelter.

**“Personally art has been a way to cope... to deal with what has been going on in life. I think that art is different for everyone — it is truly personal. It can help you achieve a small task, it can make you feel really good about yourself. In a class context we share comradery. Art and craftmaking allows you to focus and work out life stressors when other ways are not necessarily working. I feel this deeply and I want to share that.”**

*— Larry Weyand, BFA, MFA*



Naomi Centre  
Craftmaking  
Volunteer,  
Larry Weyand.



Stella's Circle staff participate in Mental Health First Aid training.

## MENTAL HEALTH FIRST AID FOR SENIORS

In October 2018, Stella's Circle staff Melanie Hickey and Erin Holland were trained as Mental Health First Aid for Seniors Instructors with the Mental Health Commission of Canada. This professional development opportunity is very relevant as we work with more seniors with complex mental health issues. Melanie and Erin have delivered two courses and so far approximately 40 staff from various Stella's Circle programs have been trained. This training will help us to do our work in new and different ways and strive to apply best practices in the work that we do.

## PROUD OF OUR STAFF

Last year, we administered the Guarding Minds survey which allows employers to effectively assess and address the 13 psychosocial factors known to have a powerful impact on organizational health, the health of individual employees, and the financial bottom line. 87 percent of our employees completed the survey and the results were incredible. We scored 20/20 on the factor of engagement. **“Such high levels of engagement are evidence of how much our employees care about the organization,”** says Michelle Dyke, Director of Corporate Services. **“They are proud of the work they do and that is reflected in their day-to-day activities with our participants.”**





# CONNECTEDNESS





## CONNECTEDNESS

**At Stella's Circle we value *Connectedness*, which means:**

We focus on *meaningful connections* in all contexts. We work hard at *collaboration* and *identifying potential partnerships*. We value *joint learning* and benefiting from *shared wisdom*.

### KEY BEHAVIOURS

#### How do we demonstrate that we value *Connectedness*?

We recognize that making connections across program areas is critical to good outcomes.

We continuously look to work with new partners to have joint learning and benefit from shared wisdom.

We recognize the importance of celebrating successes, both individually and organizationally.

We work to build and enhance a sense of community to improve health outcomes and decrease social isolation.

We work hard to be inclusive and diverse.

We recognize that we are stronger by working with many stakeholders, including, participants, community agencies, the private sector, academia and levels of government.





Stella's Circle CEO, Lisa Browne with RNC Chief, Joe Boland and Constable Kelsey Muise at the RNC Stables in St. John's.

### COLLABORATION IN OUR COMMUNITY

Stella's Circle, the Royal Newfoundland Constabulary (RNC) and the Avalon Equestrian Centre were excited to collaborate on a ground-breaking Equine Therapy pilot project at the RNC stables. Residents at Emmanuel House, a residential counselling program at Stella's Circle, were thrilled to participate in this Expressive Therapy in our own neighbourhood.

According to Chief Joe Boland, the RNC were the first police force in North America to partner with community groups to offer this kind of program. Working with the RNC helps change traditionally-held beliefs about law enforcement and strengthen trust and relationships with police officers and Stella's Circle participants. We were grateful to the Avalon Equestrian Centre for generously providing their in-depth expertise and guidance to this innovative project. **We recognize we are stronger by working with many stakeholders.**

Equine therapy is an example of an Expressive Therapy. Other Expressive Therapies include horticultural, music, yoga, and art-based activities. Stella's Circle has been adding Expressive Therapies to program offerings as funding has allowed. These therapies offer a hands-on approach that encourages participants to be the experts in their own lives, together with guidance from staff who are trained mental health professionals.

**“I’ve gained a lot of insight into my abilities. Equine Therapy has taught me about healthy relationships, setting boundaries and it has improved my self-confidence.”**

**— RNC Equine Therapy participant**



## Emmanuel House



**554 counselling groups** were offered at Emmanuel House, including expressive therapies.

### Admissions to Emmanuel House

|           |           |           |
|-----------|-----------|-----------|
| <b>58</b> | <b>59</b> | <b>52</b> |
| 2018/19   | 2017/18   | 2016/17   |

### PARTICIPANT PROFILE

In 2018/19, the profile of an Emmanuel House resident was **early 30s, single, three mental health challenges** (three most common are anxiety, depression, trauma), **tobacco addiction** and **two other addictions to substances; high school diploma.**



Paying it forward at Bridges to Hope

Emmanuel House residents complete a Quality of Life assessment at the end of their stay. All survey respondents reported some level of improvement, meeting some or all of the goals they outlined for themselves.

**“I’ve learned new skills to deal with my addiction.”**

**“I’m staying sober because of the new skills I have.”**

**“My social anxiety has improved a lot.”**



## Community Support Program (CSP)



**47 participants** received support from CSP (26 male & 18 female), average age is **44 years old**

**30,730**

hours of support was provided to CSP participants

### PARTICIPANT PROFILE

In 2018/19, the profile of a CSP participant was a person in their **early 40s, single, three mental health challenges** (three most common are schizophrenia, depression, trauma), tobacco addiction, **two physical health challenges** (diabetes, mobility), **justice involvement, history of being abused, unemployed, no children**, highest level of education — **elementary school.**

### EMPLOYEE SPOTLIGHT: KENT MCGRATH

Kent McGrath is a dedicated and kind Community Mental Health Worker with our Community Support Program (CSP), which works with 40 participants at a time who have complex mental health needs. The goal of the program is to help participants improve their quality of life by helping them stay in their homes and avoid unnecessary hospital visits or incarcerations.

Kent's work is participant-focused and he truly enjoys helping people and working with Stella's Circle staff.



"At CSP we have a huge impact on the people we work with. Many participants are isolated and do not have family or a support system, so CSP staff provide that important connection to the community, improving health outcomes and decreasing social isolation. Helping participants move forward in their lives is very rewarding." — *Kent McGrath*





#### HOPE IN LIGHTS AT THE CENTRE OF RAWLINS CROSS

On November 27 for Giving Tuesday, Stella's Circle invited the public, staff, volunteers and participants to help us Light Up Hope at Rawlins Cross. We were delighted to be the first community group to use the space at Rawlins Cross in the centre of the new traffic circle. There was quite a crowd (despite the drizzly weather!) to watch the incredible fire jugglers and visit with an RNC horse. Stella's Circle staff were dressed in period costumes while they handed out hot chocolate and treats from the Hungry Heart. DJ Slim Macho kept everyone dancing with his upbeat tunes!

Light Up Hope is a community celebration and reminder of the importance of HOPE for all of us, especially during the holiday season, which can be challenging for many people. Giving Tuesday is a global day of giving which follows Black Friday, and Cyber Monday. It is a reminder to give back to people in our community who need our support and is a highlight of the year for both staff and participants.



#### PANCAKE BREAKFAST

On March 5 the Hungry Heart Café held its annual Pancake Breakfast, which always brings out neighbours and community members. Many board members and other guests volunteer their time to help serve the delicious pancakes and house-smoked bacon. Together we are building a sense of community. The money raised at the Pancake Breakfast supports housing programs at Stella's Circle to help fight homelessness.





# INNOVATION





# INNOVATION

**We value *Innovation*, which means:** We are *solution-focused* and *creative*. We think of *new ways to approach challenges* and are strategic and practical in addressing them. We look ahead to *anticipate future needs*.

## KEY BEHAVIOURS

### How do we demonstrate that we value Innovation?

We recognize the need to respond to gaps in the community.

We embrace and look for new ideas and new ways of working.

We foster an organizational culture that is open to new approaches.

We adapt our approaches to be flexible in our responses.

We look for creative ways to build a sense of community.

We value research and evaluation.



## HOME TO STAY

We all want to age in our community. For seniors with complex mental health and addictions issues, this dream can be elusive. Demographics show there is a cohort now entering their senior years who are at risk of homelessness unless strategic supports are provided. Over the last year, the Home to Stay team identified this service gap in the community, demonstrating our value of innovation. They developed knowledge and skills capacity to help prevent homelessness among seniors with complex mental health needs and enable these individuals to age in community. Home to Stay staff now have a deeper understanding of the needs of this group and how Stella's Circle and other providers can adapt to reduce the risk of homelessness.

Arising from this innovative project is the development of a Home to Stay social enterprise to assist aging seniors to stay in their community through home modifications such as grab bars, bathroom modifications, improved lighting, falls prevention recommendations and installation of lever handles on sinks and doors. More information on the newest social enterprise at Stella's Circle is available at [HomeToStayNL.ca](http://HomeToStayNL.ca).



## HOME TO STAY

an initiative of *Stella's Circle*



**10 Participants**  
were **trained in home modifications** as part  
of Home to Stay



**10 Stella's Circle housing units** were  
**modified** as part  
of the program



## TRANSITIONS TO WORK GROUPS (EMPLOYMENT)

Rebecca Feltham completed a Transitions to Work employment program at Stella's Circle last year. Looking back now, she knows it was a good thing for her. The very first day of the group was hard for her, she wanted to leave. Instead she sat in the first available chair closest to the door as an option to escape.

"When I started working again last year I was using change for bus fare, and at times just buying a 10-ride bus pass," says Rebecca. My Stella's Circle Employment Counsellor, asked me why I didn't buy a monthly bus pass. I said I wasn't sure where I was going to be tomorrow. I couldn't see beyond the day I was living in. Now I believe I need a monthly bus pass. It doesn't really matter where I am going. What matters is, I now plan on getting there."

Rebecca says that Stella's Circle gave her an opportunity to see and hear the world again. "Connecting with my classmates helped me communicate and redevelop my social skills," says Feltham. "The group facilitators gave me a strong push to start walking my own path again." Rebecca recently shared her thoughts and experiences at a Stella's Circle graduation for the 2019 Transitions to Work employment group. She has a part-time job which she loves. "Life is mostly good now," says Rebecca. "I do have a place in this world. I have help and supports to cheer me on. I am grateful for my close friends and family, Stella's Circle, and all the positive people I have connected with, who have helped me to continually grow, and motivate me. Sometimes it is the connection we make with others that save our lives, hopes and dreams."

### Employment Services Participants

|            |            |            |
|------------|------------|------------|
| <b>547</b> | <b>547</b> | <b>511</b> |
| 2018/19    | 2017/18    | 2016/17    |

### Jobs and Academic Program Seats Obtained Through Employment Services

|           |           |           |
|-----------|-----------|-----------|
| <b>90</b> | <b>86</b> | <b>82</b> |
| 2018/19   | 2017/18   | 2016/17   |



Stella's Circle Employment Training  
Centre on Cabot Street.





**Donor Profile: Dan Penney**  
Embracing Expressive Therapies

Dan Penney became a member of the Stella's Circle Foundation Board four years ago at the suggestion of his sister who thought it would be a good fit for him. "The more I learned about the work that happens at Stella's Circle, the more it appealed to me," says Dan.

**"Stella's Circle is an excellent organization that needs people to give and get involved. There are so many necessary services that Stella's Circle provides in our community that don't get the attention they need. I wanted to find a way to support Stella's Circle in a long term and consistent way."**

This past year Dan established The Margaret Penney Mental Wellness Fund which supports Expressive Therapies at Stella's Circle through an investment that provides quarterly gifts over a ten year period. The fund honours his mom (Margaret) and the memory of his sister Maggie. Dan says, "This is just the kind of program Maggie would have supported." We are very grateful to Dan for initiating this innovative way to make an impact in the lives of many people.





### INNOVATION WEEK EVENTS

At Stella's Circle innovation is about anticipating future needs and finding new ways to solve problems creatively. We are always striving to offer innovative programming utilizing best practices. For the first time Stella's Circle participated in Innovation Week 2018 by offering three interactive public sessions. Members of the public were offered the opportunity to sing with our Stella's Circle Inclusion Choir, participate in a painting class, or go behind the scenes at the Hungry Heart Café to make meals for our Meals Squared program. At Stella's Circle innovative approaches to health and overall wellness are embraced and encouraged.





# COURAGE





# COURAGE

**We value Courage, which means:** We encourage *resiliency, acceptance and change* and we *respect choices* people make. We want people to be *empowered*.

## KEY BEHAVIOURS

### How do we demonstrate that we value Courage?

We meet people where they are in their journey and offer dignity and compassion in providing assistance.

We recognize peoples' journey in life is not linear and may require wrap-around services and long-term support.

We provide opportunities for people to be included in a range of activities.

We foster a belief in self and the potential for continuous growth and improvement.

We recognize that change is challenging.

We teach and model healthy living skills in all areas of life.



## A FRESH START WITH ACCOUNTS THAT COUNT

Stella's Circle and the Newfoundland and Labrador Credit Union (NLCU) together with the NLCU Charitable Foundation joined forces to create a ground breaking new program for women being released from the Newfoundland and Labrador Correctional Centre for Women in Clarenville. The program, called A Fresh Start with Accounts that Count, helps women reduce barriers to obtaining identification, a chequing account and to help them transition back into the community with a helping hand from NLCU and Stella's Circle staff.

*Lisa Browne, Allison Chaytor-Loveys and Minister Davis at the announcement for A Fresh Start with Accounts that Count.*



“Stella's Circle is thrilled to be working with NLCU on this innovative, courageous and leading-edge initiative,” says Lisa Browne, CEO.

**“Together we are working to break down systemic economic barriers for women and to assist them with transitioning back into society.”**

NLCU recognizes that most incarcerated women are living in poverty prior to entry in the criminal justice system and upon release, many have no possessions, no identification or bank account and minimum support.



“This project truly embodies our values of social responsibility, integrity, empowerment and innovation,” says NLCU CEO Allison Chaytor-Loveys.

**“This pilot project aims to help 20 women per year for a three year period get established in the community and connect with the Just Us Women's Centre at Stella's Circle. Our team at NLCU are fully supportive and excited about this project.”**

Together, Stella's Circle and NLCU are working together to help women transition back into society successfully, creating a better community for everyone.





#### RUNNING FOR MENTAL WELLNESS

The funds raised from the SHOPPERS LOVE. YOU. Run for Women support women's mental health programs at Stella's Circle, which includes our Just Us Women's Centre. The Centre provides counselling and support to women who have been in conflict with the law in the community and at the Newfoundland and Labrador Correctional Centre for Women in Clarenville. Just Us Women's Centre staff created a running group for the participants at the Centre and together they trained for eight weeks leading up to the Run for Women in June.

The running group met every Tuesday to chat, stretch and run or walk according to the abilities of each individual. The program attracted a variety of participants, including many who have no previous experience with running or exercise at all. Some women were able to train to run the entire 5K while others focused on simply improving their distance each week. **Prior to starting the group, one participant would get tired just shopping for groceries and was not able to walk to her bus stop. After the eight weeks was done, she was able to walk the 3.8K around Quidi Vidi Lake.**

"For people who have mental health issues, it is sometimes a challenge to even get out of bed," says Social Worker, Amy Sheppard. "The support component of the group is a key part of helping anybody make a change, such as beginning an exercise program. We are so proud of all the work the women did to prepare for the run/walk and we see the benefits for mental health that exercise provides."



## Just Us Women's Centre



**215 women** were served at the Just Us Women's Centre from ages **19 – 73 years**

**100**  
in community

**74**  
from the prison

**41**  
in both the prison and the community

### COURT SUPPORT SERVICES

**55**

women received court support.

*Court support services at Provincial Court includes providing information around navigating the various legal systems such as probation. It also includes attending and supporting women at meetings with lawyers at Provincial Court and Legal Aid, assisting with the completion of legal forms, providing information about the provincial prison system, and providing emotional support at Provincial Court as well as information on community resources.*



## CLEAN START

Clean Start is a social enterprise at Stella's Circle which provides a commercial cleaning service to many private businesses and not-for-profit organizations. Since its inception in 2016, Clean Start has experienced significant growth and much positive feedback from clients. Last year Clean Start expanded services to include cleaning of Airbnb units including laundry service for linens. Clean Start continues to grow and train Stella's Circle participants in the commercial cleaning field using a peer support model. For more information on Clean Start services, check out [CleanStartNL.ca](http://CleanStartNL.ca).

“Clean Start is a remarkable program CFIB is happy to support. We get a great and thorough service, and appreciate that its participants are gaining valuable work experience.”

— *Vaughn Hammond*  
*Director of Provincial Affairs, Newfoundland and Labrador*  
*Canadian Federation of Independent Business*



Ross Butler  
attends ABE at  
Stella's Circle.

## NEVER TOO LATE – ADULT BASIC EDUCATION AT STELLA'S CIRCLE

Adult Basic Education (ABE) is offered through our Employment Services Division and helps participants improve their literacy and numeracy up to a grade seven level. Ross Butler, is one of the ABE participants and is a gentleman in his 60's. Ross has worked all his life, getting by with very low literacy. **Now that he is retired he decided he wants to be able to read to his grandchildren.** So Ross signed up for Adult Basic Education classes at our Cabot Street location to improve his literacy. He is so committed to the program that he drives over an hour every day to attend classes. His courage is reflective of the resiliency that many of our participants show.



## DONOR RECOGNITION

### **Benefactor** (\$100,000 – 499,999)



### **Partner** (\$25,000 – 99,999)

A. Bryant Harding Family Fund



### **Builder** (\$10,000 – 24,999)

Anonymous (2)  
Eve Roberts  
Krista and Michael Ash  
Leo Browne Memorial Fund  
RBC Foundation  
Rotary St. John's Northwest

### **Associate** (\$1,000 – 9,999)

Anonymous (9)  
Bluedrop Performance Learning  
Cathy Duke  
Congregation of the Sisters of Mercy  
Derm and Mary Browne  
Ed and Mary Lou Martin  
Dr. Jasbir Gill  
Jocelyn Greene  
Elinor Ratcliff C.M., O.N.L., LLD (hc)  
Graham Roome  
Harvey Parsons

### **Associate** (\$1,000 – 9,999) *continued*

Heather Duggan and Alan Cook  
In memory of Susan Bishop  
Jim and Carolyn Marshall  
Karl Smith  
Newfoundland and Labrador Credit Union  
Charitable Foundation  
NL Police Curling Association  
Lisa Browne and Tim Hollett  
Luke O'Brien  
Mark MacLeod and Roberta DiDonato  
Milton Vokey  
NL Police Curling Association  
Robert Decker  
Roger Pearson and Marget Davis  
Sheila Crosbie and Family  
The Canadian Federation of University Women  
– St. John's  
The Concert Crowd  
The Margaret & Douglas Anderson  
Family Foundation  
The Margaret Penney Mental Wellness Fund  
The O'Neill Foundation Inc.  
The United Church of Canada Gifts With Vision  
United Church Men's Groups  
United Church Women's Groups  
Verafin  
Yvonne Earle

### **In Kind**

Anonymous (1)  
Anne (Winsor) Gosse - Annecraft Specialties Inc.  
Dave Hiscock  
Dave Strong  
Martha Muzychka, ABC, MC,  
Praxis Communications  
Paul Gardiner  
Perfect Day  
Telelink





#### FUNDERS

##### **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
- Employment & Social Development Canada

##### **City of St. John's**

##### **The United Church of Canada Mission and Service Fund**



# FINANCIALS

## STELLA'S CIRCLE COMMUNITY SERVICES INC. – STATEMENT OF FINANCIAL POSITION

March 31, 2019

|  | 2019       | 2018       |
|--|------------|------------|
| <b>ASSETS</b>  | <b>\$</b>  | <b>\$</b>  |
| CURRENT  |            |            |
| Cash   | 875,709    | 548,031    |
| Term deposits  | -          | 54,600     |
| Accounts receivable  | 347,057    | 281,991    |
| Due from Stella's Circle Foundation Inc. (Note 4)          | -          | 146,832    |
| Harmonized sales tax recoverable                           | 232        | 18,236     |
| Inventory  | 7,255      | 7,966      |
| Prepaid expenses   | 207,316    | 204,992    |
|  | 1,437,569  | 1,262,648  |
| LONG TERM INVESTMENTS (Note 5)                             | 106,392    | -          |
| CAPITAL ASSETS (Note 7)                                    | 11,985,507 | 11,508,880 |
|  | 13,529,468 | 12,771,528 |
| <b>LIABILITIES AND NET ASSETS</b>                          | <b>\$</b>  | <b>\$</b>  |
| CURRENT  |            |            |
| Demand loan (Note 8)                                       | -          | 45,475     |
| Accounts payable   | 326,246    | 365,602    |
| Wages payable  | 362,386    | 375,522    |
| Due to Stella's Circle Foundation Inc. (Note 4)            | 36,667     | -          |
| Deferred contributions (Note 9)                            | 453,751    | 308,430    |
| Current portion of long term debt (Note 10)                | 53,332     | 53,937     |
|  | 1,232,382  | 1,148,966  |
| LONG TERM DEBT (Note 10)                                   | 1,069,488  | 1,134,393  |
| DEFERRED CAPITAL CONTRIBUTIONS (Note 11)                   | 9,600,695  | 8,990,246  |
| ACCRUAL FOR SEVERANCE LIABILITIES                          | 294,884    | 247,231    |
|  | 12,197,449 | 11,520,836 |
| NET ASSETS   |            |            |
| Unrestricted fund  | 761,376    | 761,376    |
| Internally restricted maintenance replacement reserve fund | 570,643    | 489,316    |
|  | 1,332,019  | 1,250,692  |
|  | 13,529,468 | 12,771,528 |

STELLA'S CIRCLE COMMUNITY SERVICES INC. – OPERATING STATEMENT OF REVENUE AND EXPENDITURES

Year Ended March 31, 2019

| PROGRAM   | 2019       |                |                             | 2018       |                |                             |
|---|------------|----------------|-----------------------------|------------|----------------|-----------------------------|
|   | Revenue \$ | Expenditure \$ | Under/(Over) Expenditure \$ | Revenue \$ | Expenditure \$ | Under/(Over) Expenditure \$ |
| Emmanuel House  | 1,151,151  | 1,149,796      | 1,355                       | 1,210,995  | 1,207,279      | 3,716                       |
| Naomi Centre  | 1,053,404  | 1,073,961      | (20,557)                    | 1,043,581  | 1,059,327      | (15,746)                    |
| Community Support Program   | 1,363,686  | 1,367,469      | (3,783)                     | 1,396,821  | 1,395,611      | 1,210                       |
| Employment Services   | 1,181,336  | 1,181,336      | -                           | 1,184,351  | 1,184,351      | -                           |
| Adult Basic Education   | 84,855     | 84,855         | -                           | 83,461     | 83,642         | (1)                         |
| Property Management   | 834,417    | 694,100        | 140,317                     | 829,577    | 708,066        | 121,511                     |
| Supportive Housing Team   | 709,492    | 709,492        | -                           | 708,701    | 710,665        | (1,964)                     |
| Just Us Women's Centre  | 398,507    | 398,507        | -                           | 368,355    | 374,364        | (6,009)                     |
| Hungry Heart Cafe   | 514,359    | 506,270        | 8,089                       | 626,135    | 621,686        | 4,449                       |
| Transitions to Work   | 62,825     | 62,825         | -                           | 31,583     | 31,583         | -                           |
| General Operations  | 448,835    | 447,540        | 1,295                       | 480,722    | 481,141        | (419)                       |
| Technical Resource Facilitator  | 130,165    | 132,097        | (1,932)                     | 134,801    | 134,801        | -                           |
| Wellness/Outreach Services  | 53,710     | 53,710         | -                           | 68,866     | 68,866         | -                           |
| Rapid Rehousing   | 313,832    | 313,832        | -                           | 122,121    | 122,122        | (1)                         |
| Home to Stay Project  | 327,308    | 327,308        | -                           | 47,387     | 47,388         | (1)                         |
| Front Step  | 644,927    | 644,927        | -                           | 663,051    | 663,052        | (1)                         |
| Can Do  | 360,974    | 360,974        | -                           | 405,009    | 405,012        | (3)                         |
| Stella's Circle Foundation  | 28,579     | 28,579         | -                           | 23,463     | 23,464         | -                           |
| Graduate Assistance   | 35,306     | 35,306         | -                           | -          | -              | -                           |
| Excess of revenue over expenditures                                     | 9,697,668  | 9,572,884      | 124,784                     | 9,428,980  | 9,322,240      | 106,741                     |
| Amortization of deferred capital contributions not credited to programs |            |                | 435,890                     |            |                | 467,701                     |
| Amortization of capital assets not charged to programs                  |            |                | 479,347                     |            |                | 508,177                     |
| Excess of revenue over expenditures                                     |            |                | 81,237                      |            |                | 66,265                      |
| Transferred to Maintenance Replacement Reserve                          |            |                | (81,237)                    |            |                | (66,265)                    |
|   |            |                | -                           |            |                | -                           |

STELLA'S CIRCLE FOUNDATION INC. – STATEMENT OF FINANCIAL POSITION

March 31, 2019

|  | 2019      | 2018      |
|--|-----------|-----------|
| <b>ASSETS</b>                                    | <b>\$</b> | <b>\$</b> |
| CURRENT  |           |           |
| Cash   | 453,491   | 409,482   |
| Marketable securities, stated at market value    | 37,817    | 26,016    |
| Accounts receivable                              | 5,835     | 38,598    |
| Due from Stella's Circle Community Services Inc. | 36,667    | -         |
|  | 533,810   | 474,096   |
| <b>LIABILITIES AND NET ASSETS</b>                | <b>\$</b> | <b>\$</b> |
| CURRENT  |           |           |
| Accounts payable                                 | 2,618     | 2,641     |
| Due to Stella's Circle Community Services Inc.   | -         | 146,832   |
| Deferred revenue                                 | 496,186   | 291,200   |
|  | 498,804   | 440,673   |
| NET ASSETS                                       | 35,006    | 33,423    |
|  | 533,810   | 474,096   |

**STELLA'S CIRCLE FOUNDATION INC. – STATEMENT OF REVENUE AND EXPENDITURES**

Year Ended March 31, 2019

|   | 2019           | 2018           |
|---|----------------|----------------|
| <b>REVENUE</b>  | <b>\$</b>      | <b>\$</b>      |
| Donations   | 412,218        | 472,611        |
| Special events  | 18,421         | 14,829         |
| Interest from other sources                             | 2,329          | 1,152          |
|   | <b>432,968</b> | <b>488,592</b> |
| <b>EXPENDITURES</b>                                     |                |                |
| Funds allocated to Stella's Circle programs             | 412,864        | 466,997        |
| Fundraising   | 9,447          | 13,694         |
| Interest charges and fees                               | 3,316          | 3,583          |
| Audit Fees  | 2,800          | 2,800          |
| Dues and subscriptions                                  | 1,161          | 1,769          |
| Advertising and promotion                               | 722            | 68             |
| Board and committee                                     | 582            | 413            |
| Office supplies   | 493            | -              |
|   | <b>431,385</b> | <b>489,324</b> |
| <b>EXCESS (DEFICIENCY) OF EXPENDITURES OVER REVENUE</b> | <b>1,583</b>   | <b>(732)</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.

## 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 or monthly basis.



Online at  
**StellasCircle.ca**



By mail or in person at  
**142 Military Road,  
St. John's, NL A1C 2E6**



Via phone at  
**709-738-7730**

### 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*

Hope Lives Here

**Stella's Circle Administration Office  
and Foundation Office**

The Jocelyn Greene Centre  
142 Military Road, St. John's, NL A1C 2E6

709-738-8390

[Info@StellasCircle.ca](mailto:Info@StellasCircle.ca)

[StellasCircle.ca](http://StellasCircle.ca)

