

Sistering is a women's organization that offers practical and emotional support to women through programs which enable them to take greater control of their lives. Guided by the principles of anti-racism and anti-oppression, Sistering works to change social conditions which endanger women's welfare.

ANNUAL REPORT 2013/2014



Dayme on stage at Funny Girls and Dynamic Divas
photo courtesy of Rainer Soegtrop Photography

CO-CHAIRS'S MESSAGE

We have just completed the third and final year of our three year strategic plan and we continue to make progress on our three top priorities: securing a better financial future, strengthening our internal capacity and deepening our impact and increasing awareness.

This year you can see the results of our fundraising efforts in our newly renovated kitchen. The kitchen is the heart of Sistering's food program, and

we are thrilled that it looks so good. This year we hosted our 11th annual Funny Girls and Dynamic Divas which is our biggest fundraising event of the year. The money raised goes directly to the many programs and services that Sistering provides.

We have also continued to develop partnerships with other agencies that also serve the community. As you know, we live in changing times, and our partnerships with other agencies allow us to adapt to those changes by leveraging and sharing services so that together we can continue to best serve the needs of the women at Sistering.

2014 is the final year in our three year strategic plan. This year we are developing a new strategic plan that will outline the top priorities that will help us take Sistering forward, while continuing to focus on the services we provide.

Sistering has been providing a safe and welcoming environment for 33 years. Without you and your support, this would have never been possible. We would like to thank all of you who have worked together with us. Each of you contributes to Sistering in a different way, and we are grateful to all of you.

—Anne Chappelle & Shabnum Durrani

SISTERING

EXECUTIVEDIRECTOR'S MESSAGE



This was the year that our major kitchen renovation/ expansion finally took place!! The renovation went well, and we are very pleased with our new kitchen. We now have the appropriate capacity to cook for 200 women a day.

We were able to also freshen up the rest of the Drop-In with paint and new furniture. We have been able to create a safe space where women can come for community, and feel a true sense of dignity and respect. We also plan to provide other food based programs now, such as a community kitchen.

The food program is such an integral part of Sistering's services, as hunger and lack of access to nutritious food is a growing concern, not just at Sistering, but throughout the city. In fact the drop-in sector in Toronto served over one million meals last year.

This year we have continued to strengthen our community based partnerships, particularly in the areas of trauma counselling, reducing violence against women and harm reduction. We have also been involved in the ongoing

development of the Central West Health Link, which is part of the Toronto Central Local Health Integration Network's strategy to strengthen and coordinate services.

Sistering has worked to reduce the conditions that endanger women's welfare by our advocacy efforts in the areas of the affordable housing and public transit through our work with the Right to Housing and the Fair Fare Coalitions respectively. We have also focused on ending violence against women by being part of the Downtown East Side Women's Safety Committee and No More Silence.

Sistering's work could not continue without the support of many individuals and funders. We want to take this opportunity to thank our dedicated donors, funders and community partners. We could not keep our doors open without your generosity, commitment and collaboration.

Thanks so much to our wonderful volunteers!! You have stuck with us this year through the disruption of the renovations and with some staff changes! We really appreciate your dedication and the richness of programming that you bring to Sistering's community!!

To our fantastic Board of Directors, I want to express my thanks and gratitude for your hard work and support this last year!

We couldn't do our work without the incredible staff team at Sistering. Your hard work, experience, compassion and commitment are truly appreciated!

To the amazing women that make up Sistering's community thank you for your ongoing advice, comments, compliments and feedback! You are a dynamic, strong and inspiring group of women!

—Sheryl Lindsay

AGENCY FUNDERS



SISTERING BY THE NUMBERS

Visits to the
Drop-In
63,545

Participants
Served
2,428

Employment
Assistance
& Social
Enterprise

141

Harm
Reduction
Participants

86

MEALS
SERVED
129,025

Eviction
Preventions
101

Women
Housed
245

Housing
Applications
472

PROGRAMS & SERVICES

Sistering's many programs and services are the very heart of the organization. Here are some of the activities of this past year.

DROP-IN & OUTREACH

These programs were packed with many different recreational and service centred activities. This year we focused on increasing access to individual and group trauma/addictions based counselling services. These were brought to the women through partnerships with: Parkdale Community Health Centre, Jean Tweed Centre and the Barbara Schlifer clinic. This counselling was

of health and wellness topics. They also held monthly evening Drop In gatherings, with the provision of food, fun, connections to other peers and supports and self-care activities. Women also continued to participate in our monthly Healing Circles learning First Nations ways of healing and recovery.

SOCIAL ENTERPRISE

The past year has been an exciting time for all of employment services through On the Path. Spun Studio continues to develop it's textile products through weaving, knitting and sewing and is working on the marketing and sales



also available in Spanish, increasing accessibility to the Spanish speaking participants.

PEER HARM REDUCTION

The staff and peers provided many workshops and information sessions on safer drug use as well as a variety

of those products. Inspirations Studio moved to its new location at 2480 Dundas West. The program resumed operation in February. The studio now has retail hours Fridays and Saturdays, and is open by appointment the rest of the week.

SISTERING



Products of Inspirations Studio

SOCIAL ACTION GROUP

The Social Action Group enabled women to make deputations on various issues at City Hall on the decisions which affect their lives. Women found this to be uplifting and empowering as well. Know your rights workshops were held on legal and tenant rights and what to do if stopped by law enforcement.

COMMUNITY SUPPORT TEAM

This team continued to assist women in the community helping them to access resources and to find and maintain housing. The team works daily to advocate, negotiate and coordinate services, and to remove barriers that prevent women from getting to the supports that they need.

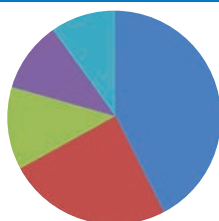


Painting by Michelina Longo

SISTERING, A Woman's Place STATEMENT OF OPERATIONS

year ended March 31, 2014

REVENUE	2014	2013
Ontario Ministry of Health/Local Health Integration Network		
•Mental Health Programs & Services	1,367,367	1,297,367
•Long Term Care	61,538	54,538
•LHIN One Time	52,837	
United Way of Greater Toronto	431,589	427,619
Donations	371,472	646,006
City of Toronto	346,714	332,818
Youth Challenge Fund	251,903	142,462
St. Christopher House (LHIN Peer Project)	132,632	125,199
Foundations	124,769	45,018
Ontario Women's Directorate	90,000	90,000
Fundraising	53,559	46,386
Trillium Foundation	42,970	73,668
Miscellaneous	34,770	45,014
Bequests	23,047	
Interest	3,564	2,054
Regent Park—HIPS	3,045	1,110
Film Diaries Project		5,805
Amortization on deferred capital contributions	89,231	89,353
	<u>3,481,007</u>	<u>3,424,417</u>
EXPENSES		
Wages & Benefits	2,070,223	1,985,900
Programs	305,184	298,141
Youth Challenge Project	251,903	142,462
Building Occupancy	239,601	238,091
Purchased Services	230,009	253,225
Fundraising	109,537	118,384
Repairs & Maintenance	77,170	71,276
Office & General	58,023	57,380
Insurance	14,235	14,281
Professional Fees	8,516	14,255
Promotion & Publicity	6,484	3,924
Volunteer	958	4,407
Film Diaries Project		5,805
Amortization	108,813	112,468
	<u>3,480,656</u>	<u>3,319,999</u>
	351	104,418
NET ASSETS beginning of year	432,130	327,712
NET ASSETS end of year	432,481	432,130



43%	MINISTRY OF HEALTH/LHIN
24%	OTHER FUNDING AGENCIES, FOUNDATIONS & MISCELLANEOUS
12%	UNITED WAY
11%	INDIVIDUALS
10%	CITY OF TORONTO

DONOR RECOGNITION

Sistering gratefully acknowledges the generosity of many individuals, and the following supporters and funders:

GOVERNMENT

City of Toronto
 Ontario Ministry of Health and
 Long Term Care
 Ontario Trillium Foundation
 Ontario Women's Directorate
 Toronto Arts Council
 Toronto Central LHIN
 Toronto Enterprise Fund
 United Way of Greater Toronto

FOUNDATIONS

Chimp: Charitable Impact
 Foundation
 CP24 CHUM Charitable Foundation
 Cyril & Edna Bampton Family Fund
 Emerald Foundation
 Gandy Charitable Foundation
 Pamela & Zygmunt Kafarowski
 Foundation
 McLean Smits Family Foundation
 RBC Foundation
 The Atkinson Charitable Foundation
 The BLG Foundation
 The Derrick Brenninkmeyer
 Charitable Foundation
 The Echo Foundation
 The Hermant Family Foundation
 The John & Pat McCutcheon
 Charitable Foundation
 The Rainbow Foundation
 The Toronto Community Foundation

- Anonymous Fund
- Kevin Burke Foundation
- The John and Marion Taylor Family
 Fund
- B&B Hamilton Fund
- Schachter Family Fund
- The Women's Fund

SERVICE CLUBS/ UNIONS/SCHOOLS/ ORGANIZATIONS

Alexandra Park Co-operative Inc.
 Canadian Mental Health Association
 CAW Skilled Trades Council
 CUPE Local 2316
 CUPE Local 4400
 Downtown Knit Collective
 Ernestines Women's Shelter
 Huronia Transitional Homes
 Loretto Ladies Colleges and Schools
 Shoebox Project Toronto
 Toronto Business & Professional
 Women
 Toronto Roller Derby League
 The Redwood
 Unifor Local 252
 United Way Peel Region
 Women's Counselling, Referral and

Education Centre
 Women Together
 Zonta Club of Toronto

RELIGIOUS ORGANIZATIONS

Church of St. Clement, Eglinton
 A.C.W.
 Congregation of Notre Dame,
 Visitation Province Centre
 The Catholic Women's League,
 St. Joan of Arc Council
 First Christian Reformed Church of
 Toronto
 Grace Church-on-the-Hill
 Humbervale United Church
 Jubilee United Church
 Knox United Church
 Peel Pentecostal Tabernacle
 Solid Rock Christian Assembly
 St. Cuthbert's Anglican Church
 St. Pius X Catholic Women's League of
 Toronto
 Tarik Mosque
 Temple Emanu-El
 The School Sisters of Notre Dame
 Timothy Eaton Memorial Church

BEQUESTS

The Estate of Cynthia Ann Cowan
 The Estate of Lucille Yvonne Owen

COMPANIES

Alix Ceramics
 Aramark Canada Ltd
 Arthur Refrigeration & Appliance
 Service
 Bakerbots
 Beaver Valley Stone Limited
 Bloor Dovercourt Appliances
 BMO Financial Group
 Body Blitz Spa
 Burt's Bees
 By Naheed—Naheed Sumar
 CanadaHelps.org
 Christine Bib Catering
 CIBC
 Crimson Phoenix Marketing Group
 DA Falconer & Associates Inc.
 Daritek Inc.
 Dimock Stratten LLP
 DM Partners Inc.
 Dobi Creations
 Edelman
 El Cafecito
 Essence of Life Wellness Centre
 Estée Lauder
 Esther Meyers Yoga Studio
 Ezra's Pound
 Flory Skincare Salon
 Freedom Clothing Collective
 Fresh Collective

Frock
 Fusilli Restaurant
 Graydon: Clinical Luxury by Nature
 Holy Oak Cafe
 Hotel St. Germain
 House & Home Minders Inc.
 IASO Organics
 Joe's No Frills
 Kula Yoga Annex
 La Bella Managua
 Lettuce Knit
 Lindt & Sprungli
 Link Charity Canada Inc.
 Lululemon
 Melmira
 MIC Mechanical Inc.
 Middlefield Management Group
 Moon Rox Jewellery
 Motion Clothing
 Nettleship Hardware
 Nokia
 Northern Orchards
 Nova Era Bakery
 Octopus Garden
 Olympia Athletic Camps Ltd.
 Ontario Power Generation
 Original Feng Shui
 Outer Layer
 Peter's No Frills
 Pikay Creations
 R.V. Anderson Associates Limited
 Scotiabank
 Secrets from Your Sister
 Sienna Films
 Sharp Connections—David Sharp
 Shaw Communications
 Soulpepper Theatre
 Step into Your Power Productions
 Tafelmusik Baroque Orchestra
 Tailored Nutrition
 Technical Adhesives Ltd.
 The Cook's Mate
 The Institute of Chartered Accountants
 The Keg: Steakhouse and Bar
 The Porretta Team: Forest Hill Real
 Estate
 Purple Purl
 The Revue Cinema
 The Urban Athlete
 The Westin Harbour Castle
 Thirteen Moons Culinary Wellness
 Retreat
 Tips Nail Bar
 Whole Foods Market—Yorkville
 Wise Daughters Craft Market
 Yahoo Matching Gift Program
 Yoga Source Toronto
 Zara's Gourmet Kitchen
 Zurich Canada

BOARD OF DIRECTORS 2013/2014

Vicky Black
Anne Chappelle CO-CHAIR
Margaret Cioffi
Shabnum Durrani CO-CHAIR
Ida Hersi
Talena Jackson*
Alicia Leyva Arcos
Debra Neil

Diana Nelson* SECRETARY
Angela Nolan TREASURER
Cara-Marie O'Hagan*
Mhetts Saltat
Shaun Sanderson
Wanda Whitebird
Lynne Woolcott

*resigned during the year



VOLUNTEER UPDATE

Volunteers continue to play an important role at Sistering by providing their skills in various programs. On a regular basis, volunteers facilitate crafting activities like beading and quilting, both popular recreational programs enjoyed by women at our Drop-In and Outreach locations.

Extended health services such as yoga, massage and reflexology are run by volunteers, and offer a time for relaxation and wellness for the women at Sistering.

For many women who attend Sistering programs, English is not their first language. Volunteers provide ESL three times each week. In addition to gaining new skills, a sense of community is increased amongst the women who attend the program.

Sistering's Food Access program produces hot meals each day from open to close. As a result, volunteers come in to assist the chefs with food prep and serving meals to the women.

Sistering hosts groups from the community that come in on an occasional basis. Corporate groups and school groups volunteer to help in the kitchen, or with various activities that assist in the operations of the Drop-In. Many come back each year and help to volunteer at regular events.

Each year, volunteers are instrumental in the preparation work needed for major program events such as Sistabana,



Board members Ida Hersi and Shabnum Durrani
photo courtesy of Rainer Soegtrop Photography

our spring, fall and holiday luncheon parties.

Last but certainly not least, our volunteers on the Fundraising Committee and Board of Directors continue to donate their expertise and professional talents to ensure the sustainability and effectiveness of Sistering programs.

Overall, volunteers contribute to thousands of hours each year at Sistering. Sistering sends sincere gratitude to all our volunteers for their time, dedication, hard work and enthusiasm. Thank you for the work you provide that ensure the women at Sistering are valued and visible.

SISTERING: Offices, Drop-In and Spun Studio
962 Bloor St. W. | 416.926.9762
general_info@sistering.org

SISTERING: Parkdale Drop-In & Outreach
220 Cowan Ave. | 416.588.3939
outreach@sistering.org

SISTERING: Inspirations Studio
2480 Dundas St. W. | 416.367.2728
inspirations@sistering.org