



FRESH START SUPPORT SERVICES

2019-2020 ANNUAL REPORT



A letter from the Board President....

Dear Friends of Fresh Start,

While this has been a trying year, we have witnessed God's faithfulness time and time again and are delighted to share with you what He has done in the lives of the mothers and babies at Fresh Start during 2019-20.

COVID-19 forced organizations all over the world to re-evaluate the way they work. Through 2020, Fresh Start reimaged its services to better meet the needs of the babies and mothers that live in St Thomas-Elgin and surrounding areas. In the summer, Fresh Start expanded our services to families in the community and transitioned our group home space into supportive apartments, for a total of five independent family units. This timely transition moved families from shared living space in a co-living environment into their own individual living spaces, all while having the reassurance of nearby supports. This adjustment in program delivery style allowed Fresh Start to expand our services to reach more families living in the community, all while meeting the guidelines and standards set out by the Ministry of Health.

We are so thankful for the financial support received throughout 2019-20. Thanks to your generosity, grants, and government supports Fresh Start is in a financially stable position as we head into another year of uncertainty.

Additionally, Fresh Start began the certification process to become a certified trauma and attachment organization, the only one in Southwestern Ontario. This focus on attachment and trauma allows us to teach young families to understand what a secure relationship with their baby looks like (attachment), process the role that trauma plays in their attachment with their baby, how to respond to their baby's needs (attunement), and understand your own feelings as a parent in order to help your baby understand their feelings (regulation/co-regulation).

We are so excited to continue to walk alongside these families as they do the hard work of showing up for their babies day in and day out. Thank you for partnering with these families and helping share God's love through words and deeds. Your support is truly changing lives and helping end the cycle of intergenerational trauma.

Carla Matos

BOARD PRESIDENT
FRESH START SUPPORT SERVICES

OUR FINANCIAL PICTURE

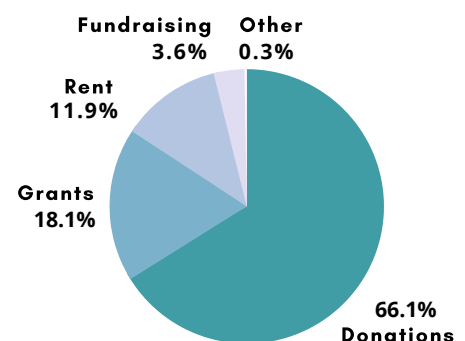
You gave generously last year and our revenue totaled \$417,999. Our expenses decreased last year with a 24% reduction in program expenses with the transition into more supportive apartments, which leaves \$46,543 for future ministries. We were unable to hold a fundraising banquet and while the Baby Bottle Drive was held virtually, our revenue from fundraising decreased by 79%.

In 2021, please prayerfully consider contributing to Fresh Start so more babies and moms living at Fresh Start and in the community can continue to receive quality programming.

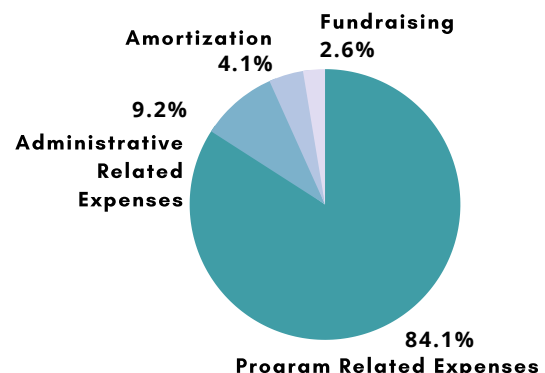
SOME HIGHLIGHTS

- Enrolled in a Canada Emergency Business Account for a \$40,000 interest free loan.
- Qualified for Canada Emergency Wage Subsidy (CEWS) and received a total of \$62,707 between March - September 2020.
- Received two grants: \$10,000 from the Emergency Community Support Fund and \$8,640 from the Social Services Relief Fund.

REVENUE BY CATEGORY



EXPENSES BY CATEGORY



For more details, please go to <https://www.fsms.ca/annual-report> to review our financial statements.

2020 A YEAR IN NUMBERS

2 mothers employed

38 mom and me programs

2 first steps taken

8 families living on campus



30+ cans of formula given out



12 community families



100+ boxes of diapers given out



3 community programs



1 reunification



3 first birthdays



552 one-on-one attachment sessions



3 moved into their own apartments



Story of a fresh start....



I'm Sarah and I found out that I was pregnant when I was 16. I was living at home at the time but it wasn't a great situation for me or my son. I got connected with Fresh Start when I went to their parenting class at the library. I moved into Fresh Start shortly after with my son.

While at Fresh Start I had an attitude and was on my high horse. I wasn't always the nicest and I got angry when they tried to help me raise my son, but Fresh Start became my home very quickly. The staff worked so hard with me and my son even when I wasn't easy to work with. They never gave up on me. Now I'm going to college to get my ECE all because they showed me my path in life, not only as a mom but also as a person. I'm now moved out and living in my own apartment but am still in contact with the amazing staff at Fresh Start.

I wouldn't be who I am today or where I am today without the consistency, family, love and support I received at Fresh Start.



UPCOMING EVENTS



Baby Bottle Drive

Date: Sunday, May 9th

Make sure to follow us on Facebook for information about our upcoming virtual Mother's Day Baby Bottle Drive!

Dessert Auction

Date: TBD

Stay tuned for more information about this year's Dessert Auction!



Is Your CONTACT INFO Up To Date?

Make sure to stay up to date with what's happening at Fresh Start!

To update your contact information and receive our newsletter, please return the included card or visit www.fsms.ca/update-info.



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Visit our website at www.fsms.ca



Canadian Centre for
Christian Charities

ACCREDITED MEMBER

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