



# ANNUAL REPORT 2019



Planned  
Parenthood  
Ottawa



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d'Ottawa



# MESSAGE FROM OUR CO-PRESIDENTS

Dear Supporters,

On behalf of the board of directors of Planned Parenthood Ottawa (PPO), we would like to take this opportunity to thank our incredible community for your unwavering support in the past year.

Our 2019 annual report details the incredible milestones PPO programs have achieved, none of which would have been possible without the dedicated efforts of our talented staff, generous donors, tireless volunteers, amazing partners and involved community members like you. Words simply cannot express our appreciation and gratitude.

At the time of this report being published, the world is in the midst of a global health pandemic and reignited attention on on-going racial justice activism. In 2019, we could have never anticipated it. As an organization, we have been greatly impacted by these times and events, which has reaffirmed the important role we have to play in society and the necessary dedication to sexual and reproductive health education and leadership in this city, province and country.

We continue to learn so much from these unprecedented times about the intersections of inequities in health care access, systemic racism, and sexual and reproductive health.

As we look to the coming year, we are excited to continue to grow and evolve as an organization, alongside this incredible community of supporters just like you.

From the bottom of our hearts, thank you.

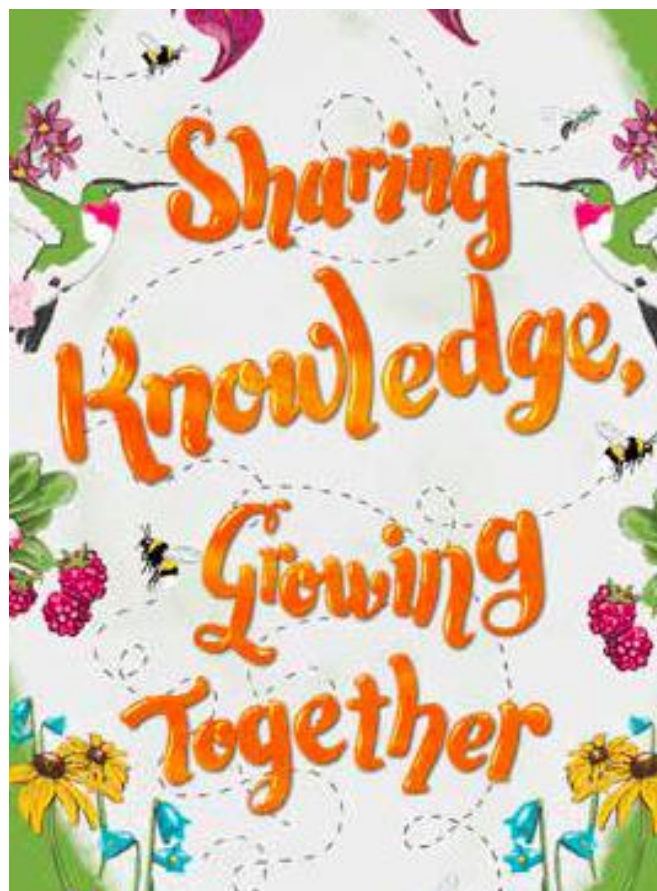
Bilan Arte and Kathryn Sheppard,  
Co-Presidents, Planned Parenthood Ottawa

## WHO WE ARE

Planned Parenthood Ottawa (PPO) is a non-profit organization that provides a range of services and information for people to make healthy decisions about their health, bodies and relationships. Education, counselling, information, and referral services are provided in a safe environment, free of judgment, with a full understanding of options. PPO is part of a global movement to empower people with information and access to sexual health services and has been serving Ottawa since 1964.

## OUR VALUES

- Pro-choice
- Community-oriented
- Sex-positive
- Evidence-informed
- Intersectional feminist
- Non-judgmental



In 2019...



## 1,000 CLIENTS RECEIVED COUNSELLING SUPPORT

As the only free, pro-choice counselling service in Ottawa, our Options program offered inclusive and culturally appropriate counselling sessions to 151 clients and answered over 800 phone calls and emails in 2019. Most of our clients were seeking support to navigate through and access their pregnancy options (parenting, adoption, and abortion). Our staff at the Options Support Line offered referrals and information on contraception, post-abortion support, and STIs. Many of our clients seek Options counselling not only for help with a decision but also for making their choices a reality in the face of barriers.

*“Every option was explained thoroughly. It really helped me with making an informed decision. You were kind, compassionate, and non-judgemental as you were supporting me.”* – Options counselling client



Jessa Millar



## **4,000 YOUTH LEARNED ABOUT HEALTHY SEXUALITY**

In 2019, we offered inclusive evidence-based education workshops on a range of SRH topics to nearly 4,000 youth in high schools, post-secondary institutions, and community centres. The topics included consent, healthy relationships, birth control, sexual decision-making, Sexually Transmitted Infections (STIs), puberty, body image, and safe use of technology.

*“The explanations were clear, the teacher encouraged participation, and the conversations were open. The teacher genuinely cared about giving us information.”* – Education workshop participant

*“The trainer was super nice and she used games so it wasn't too awkward. We could also all express our opinions.”* – Education workshop participant



## **36,000 CONDOMS AND 154 BOTTLES OF PRENATAL VITAMINS WERE DISTRIBUTED**

Our Education program distributed 30,313 condoms to local community organizations and health centres, and gave them out at festivals, kiosks, events, and the Pride parade. We also distributed 154 bottles of prenatal vitamins to community organizations, which were donated to us by [Vitamin Angels](#). These were prime opportunities to engage with and strengthen partnerships with agencies that serve the underserved populations in Ottawa.



## 24 NEW VOLUNTEERS WERE TRAINED

In 2019, we trained a total of 24 new volunteers in three major modules: Sexual and Reproductive Health (comprehensive), Options Counselling, and Community Education. Beside supporting programmings at PPO, our volunteers became invaluable sources of support and knowledge on SRH in their own communities.

Building on the lessons learned over the years and the expertise of our volunteers allow us to support people with their sexual and reproductive health needs in the best way we can.

*"Eye-opening and informative! It was great to learn about the difference between medical and in-clinic abortions. Also, the discussion on STIs was very helpful and well structured."* – SRH training participants



PPO volunteer



## HEALTHY RELATIONSHIPS PROJECT WAS LAUNCHED

Healthy Relationships project is a five-year initiative that aims to prevent teen dating violence among youth of all genders through teaching new skills, with a focus on increasing awareness and understanding of healthy relationships. The project is funded by the Public Health Agency of Canada (PHAC).

In a joint collaboration, Planned Parenthood Ottawa, the Ottawa Coalition to End Violence Against Women (OCTEVAW), and York University researchers Drs. Sarah Flicker and Jen Gilbert will design, implement, and evaluate healthy relationships curriculum for students in grades 8 and 9. The curriculum will be taught in a series of classroom-based workshops.

In 2019, we hired staff to assemble our Project Team; we identified Partners, established, and further developed the Project Charter which included our vision, scope, and work plan.

We are investing in building a network of community partners in Ottawa (and beyond) who using a youth-centred approach would work with youth from marginalized communities. The Project Team will conduct focus groups in youth communities to collect insights and stories that will inform the curriculum development. So far, the Project Team has collaborated with three leading community organizations to establish a group of youth leaders who will aid in the development of the curriculum through revisions and suggestions. The next step in the project includes a literature review and environmental scan looking at best practices for curriculum development to be used during the intervention development phase in Spring 2020 following our youth consultations, data collection, and analysis.



## REPRODUCTIVE COERCION CONSULTATIONS WERE LAUNCHED



**Ayan Ali**

**Alex Hosselet, former BOD member**

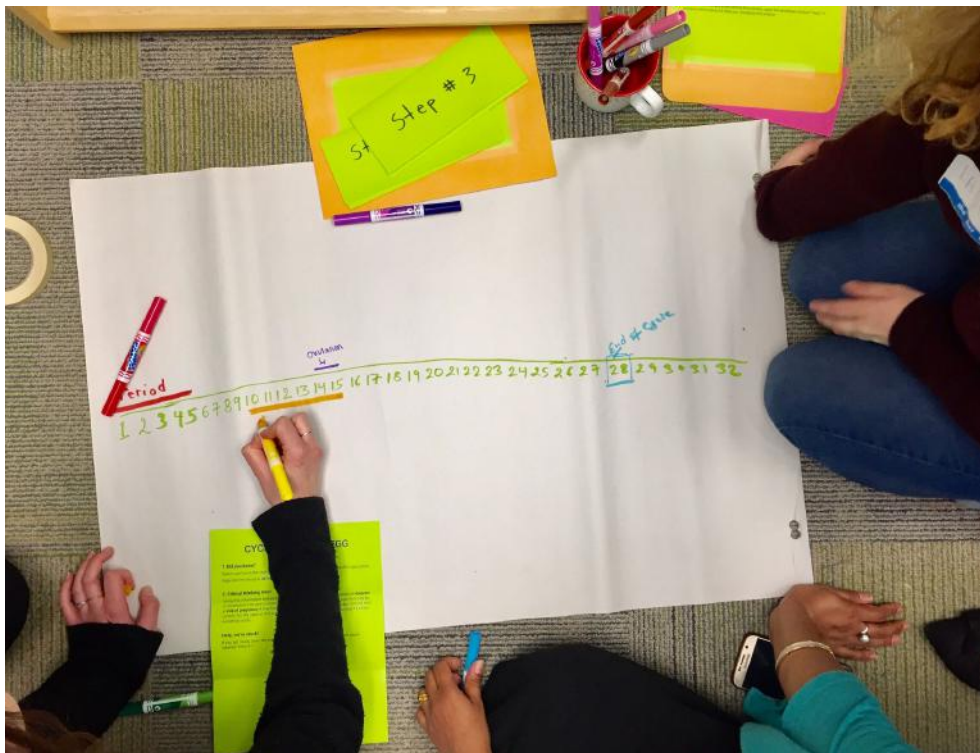
Our Reproductive Coercion (RC) project launched consultations with a number of gender-based violence (GBV) prevention workers and SRH providers to examine the access barriers their clients may experience. The consultations also included discussions around how GBV and SRH sectors could collaborate to support clients, particularly in the face of RC. Together, we established best practices for reproductive coercion screening: trauma-informed methods, cultural appropriateness, and harm reduction. We took a step further to look at the barriers the providers themselves face in supporting people from underserved communities and with multiple layers of marginalization. We are currently wrapping up the project and developing materials such as pamphlets, fact sheets, and educational content which will be published and distributed among community health and resource centres in Ottawa.



## 'WHY I VOLUNTEER WITH PPO?'

Laura Hochban:

*"The world of sexual and reproductive health can be messy and challenging, especially for young people. I joined PPO as a volunteer because I wanted to be a safe support person for folks who have no one to reach out to for help or who don't know how to access the resources they need. As a Pregnancy Options Counsellor, I am immensely touched by the strength and vulnerability of our clients – I'll never forget the first time a lonely client hugged me after a counselling session or the time I watched a timid young woman seeking info on contraception eventually grin and say "I'm not afraid anymore!" Empowering people to make safe and healthy choices for themselves gives me a great sense of purpose and connection to my community. It is a blessing to do this work with such an amazing team!"*



# THANK YOU TO OUR PLACEMENT STUDENTS

Olivia Keays

Becca Johnston

Holly Smith

# THANK YOU TO OUR FUNDERS



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

# THANK YOU TO OUR VOLUNTEERS

Our volunteers are a group of brilliant and committed professionals and students who support PPO's programmings from Options Counselling and Education services to special projects to communications and fundraising.

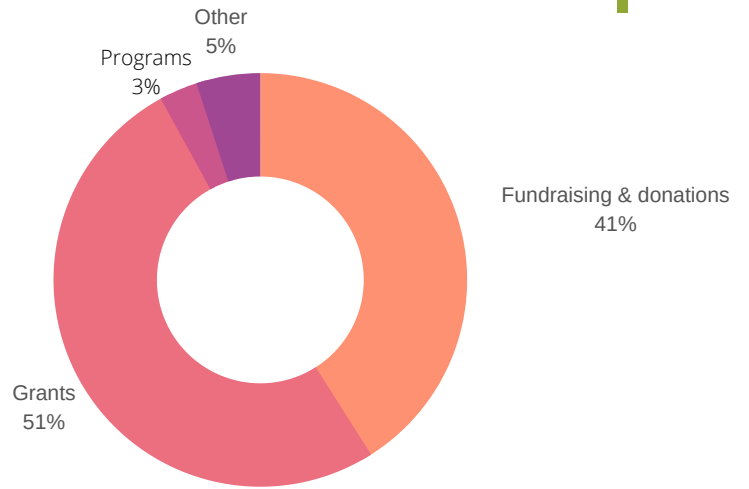
We're immensely grateful to our incredible volunteers and look forward to their active participation in 2020 and beyond.



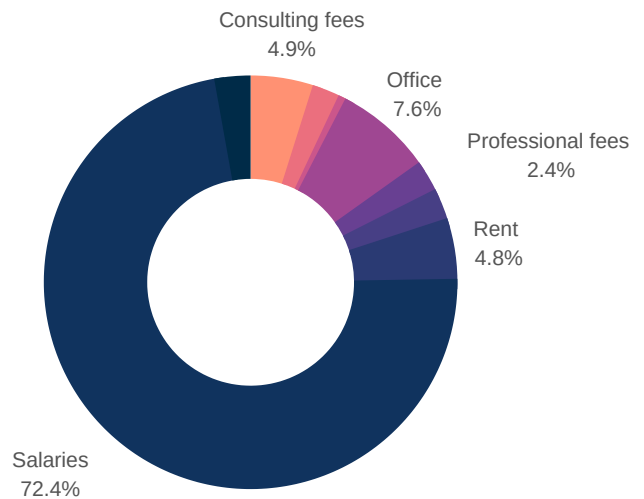


Jessa Millar

# FINANCIALS



**REVENUE: \$509,073**



**EXPENSES: \$499,298**

To view the detailed audit statements of 2019 click [here](#).



## WAYS TO GET INVOLVED

- Our donors are an integral part of the organization as they help us each year to deliver our vital counselling and education services. If you wish to become PPO's monthly or one-time donor, please visit [ppottawa.ca/donate](http://ppottawa.ca/donate). Thank you for your support.
- We recruit, train and onboard volunteers once every year. You can apply to become a volunteer with us when the [application form](#) becomes available. If you're interested in a leadership role, you may [join our board of directors](#).

## CONNECT WITH US



RJ Jones