

ANNUAL REPORT 2015

**Planned
Parenthood
Ottawa**



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d'Ottawa**

ABOUT PLANNED PARENTHOOD OTTAWA

Planned Parenthood Ottawa (PPO) is a non-for-profit organization that provides a range of services and information for people in the Ottawa area to help them make healthy decisions about their sexual health and relationships. We offer **education, counselling, information, and referral services** in a safe environment, free of judgment, with a full understanding of options and choices that best suit you.

PPO's funding is provided by a combination of public and private sources, as well as the individual donations of members of our community. PPO's Ottawa business number (BN) is 123987430RR0001.

Planned Parenthood Ottawa is a long-standing, trusted organization with roots dating back to 1961. We're part of a global movement to empower people with information and access to services supporting sexual health. To learn more about PPO and to get involved visit us at: www.ppottawa.ca.

We **envision** a community where accurate sexual and reproductive health supports and services are comprehensive, accessible, and delivered equitably.

MESSAGE FROM THE PRESIDENT

Looking back, 2015 was the year Planned Parenthood Ottawa turned a corner, though it did not always feel like it. It was a hard year for any sexual health and rights organization, with a fierce anti-choice climate across North America that made securing funding and delivering our services difficult.

Against that backdrop though, it was a year where PPO's volunteers, donors and staff made me immensely proud to be part of this family; where our team came through in ways I could never have imagined; where we stretched and strained and pulled off what felt like miracles, to ensure nobody went without the care and rights they deserve.

In 2015, we had five priority areas:

Funding: It was a difficult funding environment, yet we built stronger, deeper relationships with our donors. We increased our communication with donors, and improved the way we talked about our impact. These relationships are now bearing fruit in 2016.

Partnerships: We expanded the range of partners with whom we work, to better integrate into the healthcare and education systems. We're also serving more diverse and marginalized groups, helping them access the sexual and reproductive healthcare they need.

Services: PPO was a proud leader in promoting the new sex ed curriculum, thanks to our strong links to teachers, youth workers and mental health professionals. We completely revised our own curriculum, and made it more innovative, interactive, youth-led and funky.

Governance: The board worked on filling gaps in skill sets, bringing on new members who strengthened our governance and oversight. We stepped up our board-led fundraising, working closely with the Executive Director to drive new partnerships and review our services.

Staff and volunteers: PPO has made a priority of recognizing and rewarding our staff and volunteers, as well as diversifying our organization. It's vital we represent the people we serve, as well as attracting talented, dedicated staff and volunteers from diverse communities.

Whatever role you played in PPO's story in 2015, I want you to be so proud of yourself. For every woman we helped to navigate the quiet network of doctors who provide medical abortion, for every teen who got the unbiased information they needed on contraception, for every person who left our counselling rooms with a weight off their shoulder and a belief in their ability to make the best decision for them - you did this. Whether you're a donor, a member, staff, volunteer, partner or board member, you are part of our story.

Thank you for everything.

Lauren Dobsen-Hughes

MESSAGE FROM THE DIRECTOR

It's no secret that things were tight in 2015. We pared down to two staff, we reduced services to only provide the most essential, we leaned heavily on our miraculous volunteer team, and we kept asking the community for help.

By the end of 2015, however, we overcame two challenging years of transition that ended with diversified revenue streams and increased financial sustainability. Transitions in leadership stabilized; we caught up on grant cycles; and our private donor base increased.

I'm thrilled to report that our perseverance paid off. Trillium provided a three-year grant for community outreach and a one-year seed grant to work with parents; we secured bridge funding from Ottawa Public Health; we were awarded a grant from the Crabtree Foundation to support our education program; and we were amazed by the community response our holiday appeal. Thank you.

It is easy to find the motivation to persevere because every day we hear from people in need of PPO's support. The teen who was being coerced into an abortion instead of adoption; the new Canadian with the long awaited pregnancy who learned it wasn't viable; the mother who wanted to continue her second pregnancy but feared the repercussions of leaving her partner... In 2016, we've begun to increase our reach into diverse populations and it is exciting to see how this is teaching us to further suspend judgement and to engage new creativity to challenge the stigma associated with our work. It is helping us to reframe sexual and reproductive health and rights as an essential cornerstone for social justice.

We will always face hostile opposition to the work that we do, but we continue to be encouraged by the gentle compassion shared by the board, staff, volunteers and supporters who make up PPO. It is humbling and inspiring to see how people are willing to give time, effort and money to ensure that people can express their sexual and reproductive rights. The world is full of good and kind people and so many of you walk alongside us.

Thank you.

Catherine Macnab

OPTIONS SUPPORT

Our Options Support Program includes sexual and reproductive health counselling, information & referrals, condom distribution, and sexuality awareness training. In 2015, our reach was affected by the reduction in staff from five to two, but we kept basic services available.

Navigating Abortion Services in Ottawa

There are three places to get surgical and/or medical abortions in Ottawa. There is no central referral system except for PPO's unofficial role. Only Morgentaler has a web presence, the others do not publicize their abortion services. A majority of patients only learn about hospital or medical abortions when they call PPO.

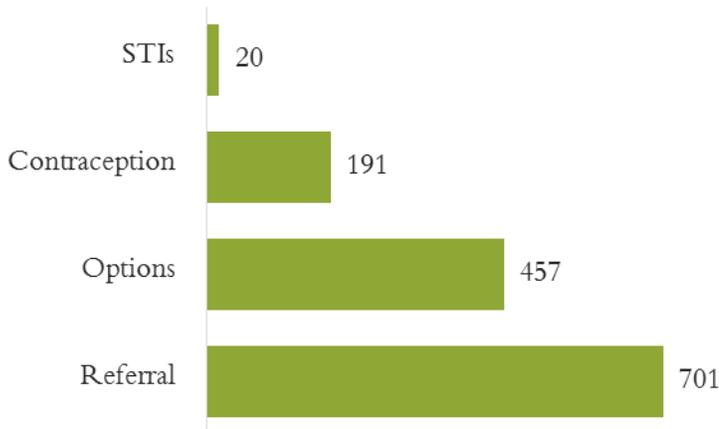
Information + Referral Services

In 2015, we received 937 phone calls, emails and drop-in queries about sexual and reproductive health. When a caller needs more support than what can be provided over the phone, we book them for a face-to-face Options Counselling session.

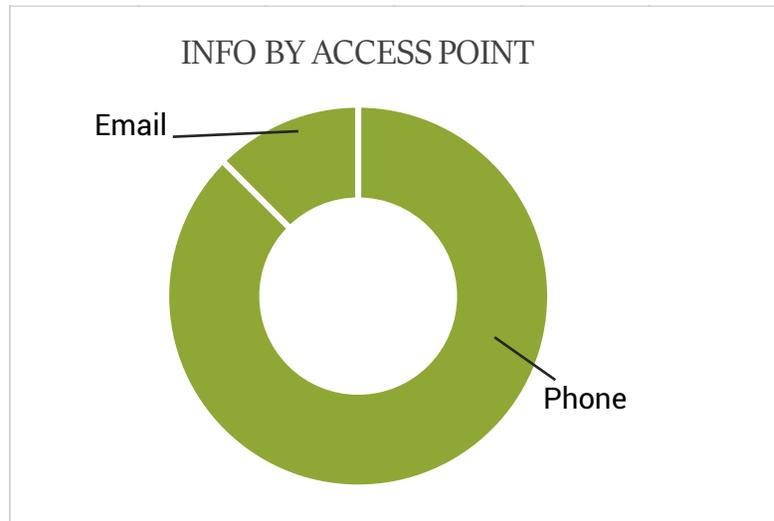
Pregnancy Options Counselling

For 2015, we scheduled volunteer counselling teams for almost every weekday evening and some daytimes for a total of 263 potential appointment slots.

INFO BY COMMON TOPIC

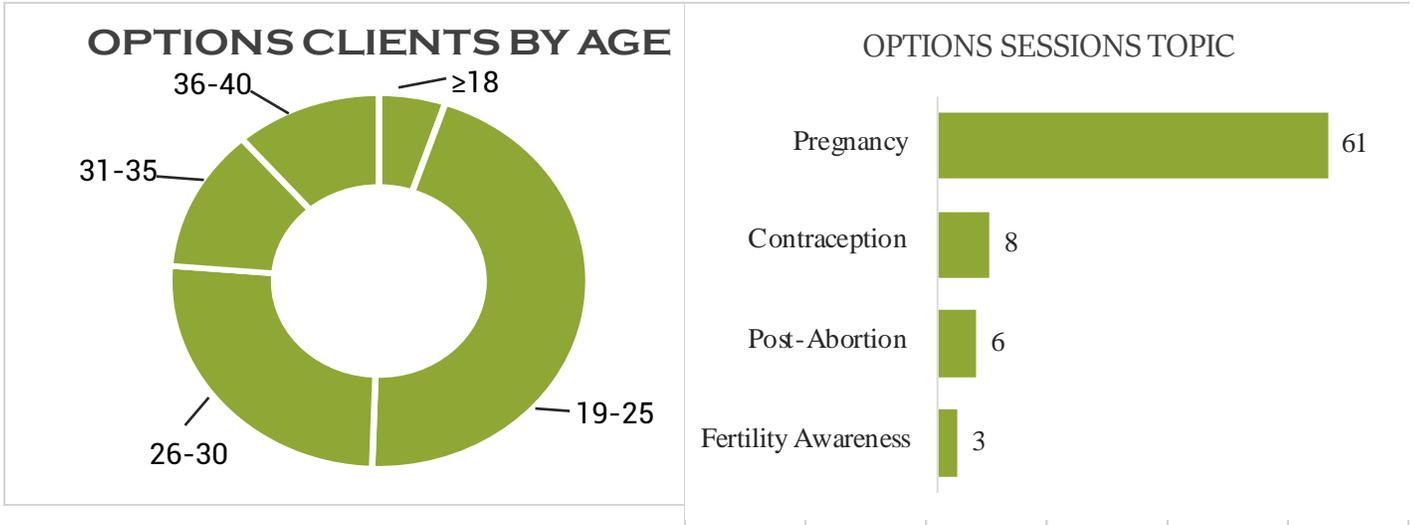


INFO BY ACCESS POINT



Condom Distribution

PPO distributed a total of 53,590 condoms in 2015. Almost half of these (26,514) were distributed via PPO programs and the other half were distributed in partnership with OPH staff at public events.



INSIGHT THEATRE

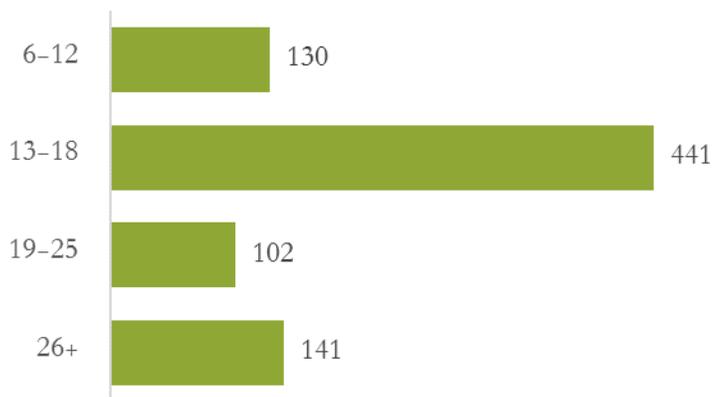
Insight Theatre is made up of a team of youth volunteers who join and train as sex educators each spring and spend the summer creating and rehearsing the Insight show which runs from September through to June.

For Insight, the reduction of funding over the past two years was more challenging than for the Options program. The troupe lost their leader in the staff transition early into their 2015-16 season when the youth most need leadership. The drama coach who had worked with them over the summer was asked to step in to provide continuity, though she had limited availability. She was supported by a volunteer who is an Insight alumnus.

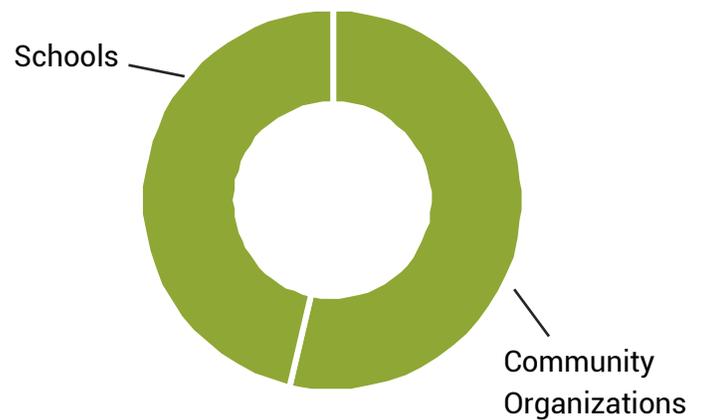
While the OPH contract runs along the calendar year, the Insight program runs along the school year. The risk of withdrawn funding after December 2015 disrupted our ability to fully promote Insight to schools. Because promotion only begins when school reopens in September-October and schools usually book for the full year, we were not able to promote shows for 2016 until bridge funding was confirmed well into the last quarter of the year.

In 2015, Insight held 28 engagements, including 23 shows and 5 workshops. They were held in 8 schools and 10 community organizations.

INSIGHT AUDIENCE BY AGE



INSIGHT SHOWS BY VENUE



Except from Little Red: Pregnancy Options Scene

Written by the 2015-16 Insight Troupe

Little Red enters.

Narrator: Once upon a time there was a young girl named Little Red Riding Hood who found out she was pregnant. She decided to take a stroll through the Forest of Knowledge to figure out what she should do.

Wolf enters.

Wolf: Hello there Little Red. My, what a big belly you have!

Red: Rude Mr. Wolf! I am only 6 weeks pregnant. But I don't know what to do.

Wolf: You can parent! This can be difficult, but there are lots of resources in Ottawa geared towards youth who choose to parent. For example, there are lots of free services at Mothercraft, including birth companions, whose job it is to offer emotional support during the birth.

Little Red: But what if I want to finish school. Wouldn't having a kid get in the way?

Wolf: Youville Centre and St. Mary's Home help young parents to finish school while providing on-site childcare.

Little Red : Golly, that's a lot to think about. I think I'll continue on my walk.

Wolf exits and Granny enters

Narrator: So Little Red continued on her way to ponder the possibility of parenthood. On her way she stopped for a minute at her granny's house.

Granny: Well hello Little Red. How nice of you to visit your dear old Granny. Did you bring me my favourite buns straight from the oven?

Little Red: No Granny, I have a different bun in the oven and I don't know what to do.

Granny: Oh, dear me. I see. Well I can tell you about an option you might consider- abortion!

Little Red leans in and nods

Granny: Abortion is a way to end a pregnancy. There are two types of abortion available - surgical or medical - and the type of available to you depends on how far along your pregnancy is and what you're comfortable with.

Little Red: Where do I have to go if I decide to have an abortion? Is it expensive?

COMMUNITY EDUCATION

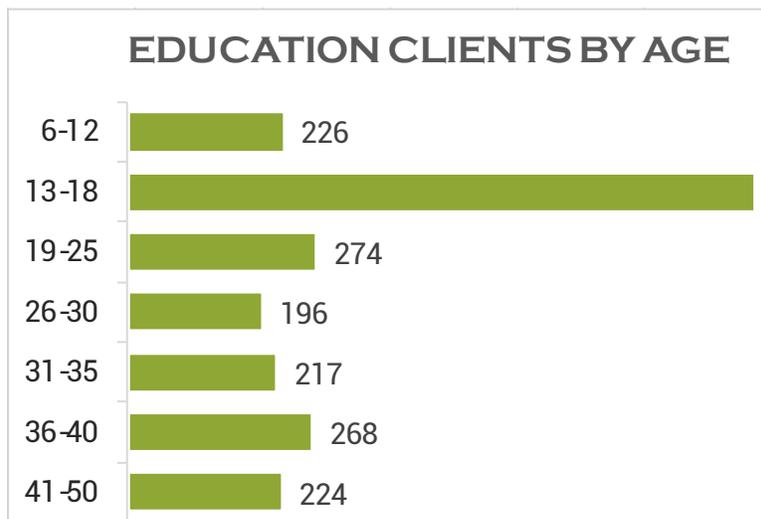
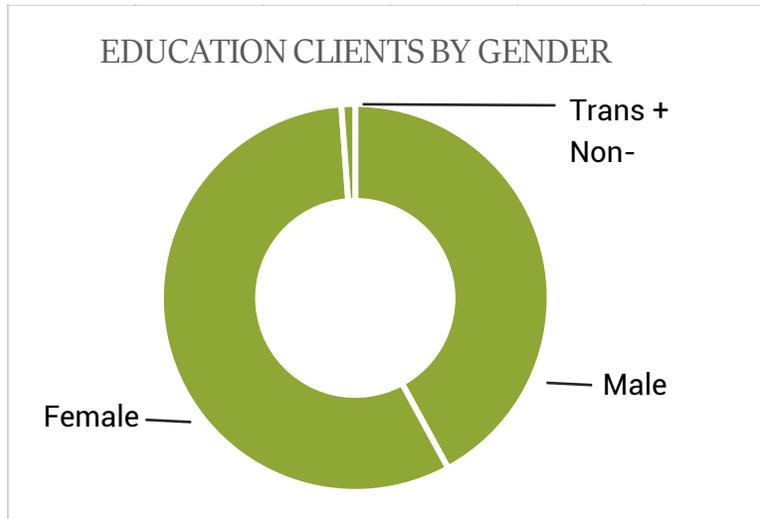
Our Community Education program offers workshops, kiosks, and professional trainings on a wide range sexual health topics. It has been without core funding since 2010, when the United Way withdrew its support. Despite this obstacle, the program thrived in 2015, offering 77 workshops and 10 kiosks to 2709 participants.

This was achieved through the hard work of staff, placement students, and volunteers. Christine Johnson, an Intensive Social Service Worker student from Algonquin College, joined us from February to June. She co-facilitated more than 30 workshops and created a new lesson plan on the physical, emotional, and interpersonal changes of puberty. A dedicated group of volunteer educators joined Christine and our Education Coordinator to deliver the remaining 47 workshops to schools and community organizations across the city.

Staff, placement students, and volunteers worked hard to keep the program over the past year, not only keep the program alive, but meet the demand for sexual health workshops, which increased dramatically when Ontario announced that it would be updating the Health and Physical Education curriculum in 2015.

WORKSHOPS BY TOPIC





FINANCES

For the year ended December 31	2015	2014
Revenue		
Program and Grants	98,431	125,485
Fundraising and Donations	100,071	111,580
	198,502	237,065
Expenses		
Advertising and promotion	1,118	2,683
Amortization	274	427
Bank charges and interest	1,010	922
Fundraising	1,902	1,558
Honorarium and outside service	1,015	836
Insurance	3,172	2,384
Office	14,988	15,597
Professional fees	3,158	3,930
Program contracts	6,808	52,220
Rent	26,370	25,149
Salaries and related benefits	128,357	136,431
Training	1,259	419
Transportation	655	1,056
	190,086	243,612
Excess of revenue over expenses	8,416	(6,547)
(Excess of expense over revenue)		