



**PLANNED  
PARENTHOOD  
OTTAWA**  
ANNUAL REPORT 2022



# Welcome to our

# 2022 ANNUAL REPORT

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## **Statement on anti-colonial responsibility**

Planned Parenthood Ottawa's office and all of our work takes place on unceded and unsurrendered Algonquin Anishinaabe land- land that was never traded, sold or treated. The reproductive health of Indigenous folks in our communities is intrinsically tied to the land. Colonial policies and practices in the healthcare system continue to endanger Indigenous families and reproductive autonomy, such as the outlawing of Indigenous midwifery, child apprehension, routine evacuation for childbirth, and coercive sterilization and abortions.

Those with power must take accountability for the impacts of these practices as a threat to public health and advocate for the reproductive agency of all people. Planned Parenthood Ottawa acknowledges both historical and ongoing colonial violence within the healthcare and social service sectors and are committed to supporting and advocating for the diverse needs of our Indigenous service users- ensuring all sexual and reproductive health decisions made with our team are grounded in informed consent and free from coercion.



# Planned Parenthood Ottawa



## Our Mission

Planned Parenthood Ottawa (PPO) is a pro-choice organization supporting informed sexual and reproductive health choices through education, counselling, information and referral services.

## Our Vision

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

## Our Values

**Non-judgmental:** We are committed to creating a space where personal beliefs, attitudes and values are recognized; a space where clients' perspectives and decisions are validated.

**Evidence-informed:** We are committed to providing accurate, up-to-date information on sexual and reproductive health topics, services and practices.

**Anti-Oppressive:** We take into account the ways in which systems of oppression operate and impact marginalized people and their access to SRH care. We strive to ensure that our services are actively fighting against the manifestations of these interlinked systems of oppression.

**Pro-choice:** We respect the right of every individual to make their own decisions about their sexual and reproductive health.

**Community-oriented:** We are dedicated to ensuring our programs and services are accessible to all members of the Ottawa region and involving community members in the administration of our programming and service provision.

**Sex-positive:** We support and affirm diverse genders and sexualities, support the decriminalization of sex work, and believe pleasure and access to contraception are basic healthcare needs. To us sex positivity means that all experiences are valid and supported.



# Our Team

## Current Staff



**Jaisie Walker**  
Executive  
Director  
(2021- Present)



**Ceara McIntyre**  
Community  
Educator  
(2017-Present)



**Léa Gareau**  
Curriculum  
Developer  
(2020- Present)



**Esther Fagbola**  
Reproductive  
Coercion Prevention  
Coordinator  
(2023-Present)



**Em D'Orazio**  
Communications &  
Fundraising  
Coordinator  
(2022-Present)



**Steph Mar**  
Options Counselling  
Coordinator  
(2022 - Present)

## Outgoing Staff



**Bridget Dueck**  
Options  
Counselling  
Coordinator  
(2021- 2022)



## Our Board of Directors

**Jade Sullivan**, President, (2022-Present)

**Kate Hedley**, Vice-President (2019- Present)

**Heather Wilson**, Treasurer (2020-2023)

**Maria Glavine**, Staff Liaison (2019-2023)

**Kathryn LeBlanc**, Director (2021-Present)

**Lyra Evans**, Director, (2022-Present)

**Darby Babin**, Director, (2022-Present)

**Corina Crawley**, Director, (2022-Present)

**Katherine Muldoon**, Director, (2022-Present)

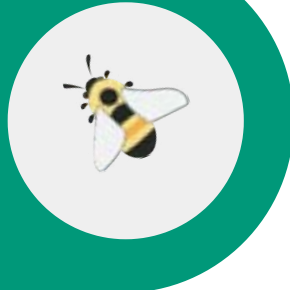
**Vandonna Budhai**, Director, (2022-Present)

**Beth Palmer**, Director, (2022-2023)

**Courtney Rock**, Director (2022 - Present)



# Message from our Board



Dear Community, Supporters, Team and Friends,

Planned Parenthood Ottawa (PPO) is a one-of-a-kind organization serving the entire spectrum of our community with sexual and reproductive health options and access services, education and engagement.

And it's made possible because of you. On behalf of the PPO Board of Directors, **thank you for your continuous commitment to advancing reproductive health and abortion access and supporting our organization.** The community is a driving force for us in the fight for access and without the unnerving and enthusiastic support of our volunteers, hard work of our staff, Executive Director, board members, donors and community members, PPO's mission, values and vision would not be able to impact our communities at the velocity it does.

We also thank those who came before us as board members for volunteering their time to PPO and helping set the organization up for success. Seven new members joined the board of directors in 2022 – each of them passionate about advancing sexual and reproductive health and justice everywhere. Stemming from different backgrounds and sectors, **we're united in a common goal: ensuring a progressive and transformative future for PPO.** We are all dedicated to creating safe and sustainable spaces that fuel dialogue on how to better serve our community members, how to be more inclusive, while actively being anti-oppressive, decolonial, accessible and harm-free.

As part of building sustainability and fostering progressive leadership, PPO partnered with COPE 225 to create our organization's first collective agreement to unionize staff – ensuring their needs are continuously addressed and that staff have a safe and sustainable career trajectory with the organization. We know this unionization will have far-reaching benefits for staff and the community at large who can be sure of PPO's secured future.

Achievements like a collective agreement and the strides PPO has made in programming, outreach, fundraising and strategic planning are made possible under the very progressive Jaisie Walker, Executive Director. We thank them for their immense expertise and heart.

**Protecting the sexual and reproductive rights of our community must be intersectional** and inclusive, especially in our battle for equitable healthcare and political advocacy. We want youth, parents, educators, and elders to see themselves as the ones with the power to shape their lives using informed decision making.

Your Board President and Vice-President,  
Jade & Kate





## Message from our Executive Director



**Jaisie Walker, Executive Director  
(they/them/theirs)**

In 2022 our organization was stretched unimaginably thin in our efforts to respond to the complex landscape of sexual and reproductive healthcare. We supported almost double the amount of service users we did in 2021. Despite this, our team's determination, creativity, and resourcefulness has been remarkable and steady.

This year we focused on laying the groundwork for sustainable growth so that we can continue to be responsive and powerful advocates for our community, year after year. A now unionized workplace, our team collaborated on our first ever Collective Agreement with COPE 225. Having strong, progressive labour relations and improved living conditions for our staff is a part of our firm commitments to anti-racism, gender equity, and reproductive justice.

Our annual report is a look back on a year that compelled us to respond to growing community needs, introducing educational programming on reproductive coercion prevention, deepening our standard of client care and comprehensive sex-education program, and upholding our expertise in peer-based system navigation.

I remain particularly grateful and in awe of the clarity of vision of our staff and volunteers, and the many supporters, funders and donors who are in solidarity with us. As we continue to nurture, grow and shift, we commit to doing so responsively and collaboratively, alongside all of you.

Everyone deserves the right to have children, not have children, and parent the children they have in a safe, sustainable, affirming environment. Your support is still greatly needed for the year ahead to remain vigilant and steadfast champions of reproductive justice.

In gratitude and solidarity,

Jaisie walker  
Executive Director  
Planned Parenthood Ottawa



# Strengthening our Progressive Leadership and Labour Relations

2022 marked an important year for Planned Parenthood Ottawa staff, who are the newest members of the Canadian Office and Professional Employees Union (COPE) Local 225 – setting a leading example for progressive labour relations.

“We are hopeful that our workplace can be an example of how small non-profits who must navigate economic and political constraints can still support its workers and challenge systems of oppression for our staff...we worked collaboratively with our COPE representatives and our employer to find creative solutions that meet our needs” - Ceara McIntyre (she/her), Education Coordinator.

**With extensive considerations made for quality of life and potential for professional growth, staff, the union and employer collaborated and agreed on personal leaves and accommodations such as improved wages and health benefits, Menstrual and Menopause, Domestic Violence, Traditional Indigenous Practices, Mental Wellness, and Educational Leave.**

“Our commitments to equity, justice, and accessibility and dismantling oppressive systems must also be the foundation of how we treat each other doing this work. Our advocacy for others must be mirrored in how we as an organization advocate for the well-being of our staff, and be unwavering in our commitment to a culture of nurturance. I’m honoured to work with a staff team who show immense leadership in worker-led organizing and the principles of equity and collaboration”- Jaisie Walker (they/them), Executive Director.



*Image: Members of PPO staff, Executive Director, and members of COPE 225 with our collective agreement*

# How we make an impact

These pillars serve as the foundation for every initiative and decision the organization undertakes until 2024. Opportunities to take action are strategically assessed against their ability to achieve the outcomes in these focus areas, and ensure we are having the greatest impact possible in our community.

## 1. Options

Goal: increase access to the full scope of sexual and reproductive health services in Ottawa through the options program and direct-service initiatives.

## 3. Access

Goal: reduce barriers to sexual and reproductive health services by engaging in short-term projects (maximum 3 years) that respond to the unique needs of PPO's target populations.

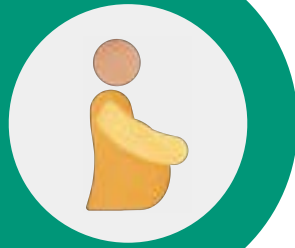
## 2. Education

Goal: increase sexual health knowledge, promote healthy relationships, and support informed sexual and reproductive health choices among youth in Ottawa-Carleton District School Board.

## 4. Governance

Goal: to grow and stabilize PPO by ensuring that internal structures, governance, and policies support sustainability and promote workplace equity.

# Options Counselling



Our community deserves to feel safe and supported in making decisions about their sexual and reproductive health. Planned Parenthood Ottawa offers free, confidential, evidence informed counselling grounded in respect for personal autonomy through support that is trauma-informed, client-centred, anti-oppressive, and based on informed consent.

The nature of peer-counselling allows us to offer care that is non-hierarchical, connect reciprocally with those who we support as peers, and share information with clients to shift decision making power back into their hands.

Community members are given a space to talk about their pregnancy options (parenting, adoption, abortion, how to navigate an STI diagnosis and safer sex practices with a partner/s, contraception choices, pregnancy loss, and can receive post-abortion support.

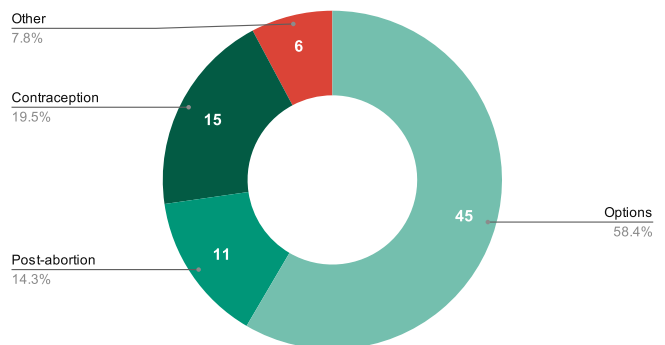
In 2022, the Options team provided 75 clients with counselling support, along with the loved ones, family members, and support people who have joined their sessions. We also trained 16 new volunteers through our general Sexual and Reproductive Health (SRH) training and 7 new peer-counsellors which has notably increased our capacity to provide the much needed support that our clients deserve.

“But the one thing that really stuck was a piece of wisdom Bridget shared from one of her elders - that as birth-givers, we intuitively know when the time is right to bring life into the world. This one statement lifted a huge weight off of my shoulders.

- Options Counselling Client

**There was a significant increase in interest for post-abortion counselling support, which represented nearly 15% of all counselling sessions.**

Counselling Sessions by Topic

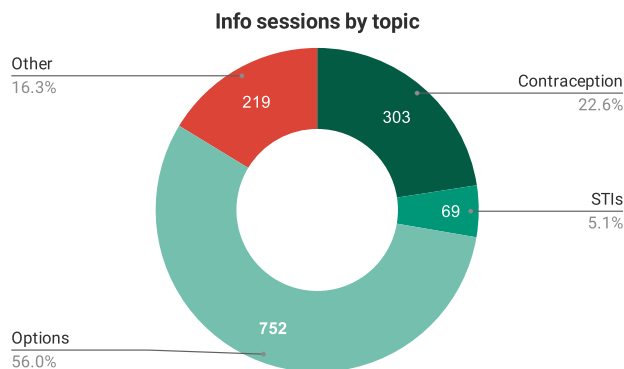


# Options Line



At PPO, our information and referral services remain at the core of our public health programming. Our compassionate volunteers help individuals access information on a variety of topics, from pregnancy options and contraception to safer sex practices and clinical services. We're committed to providing accurate and reliable information to empower our community to make informed decisions about their sexual and reproductive health.

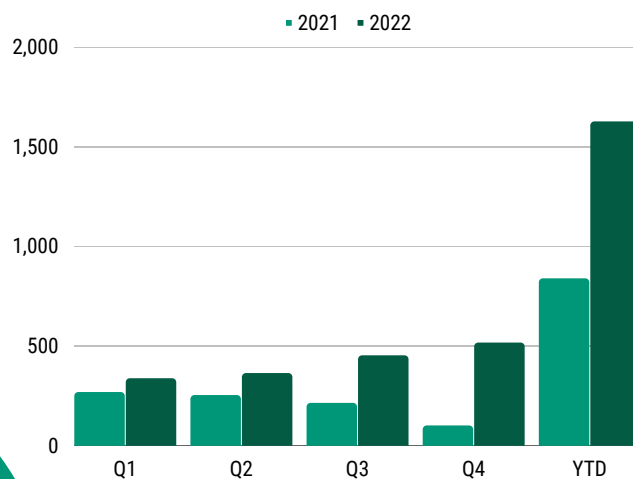
**In 2022, we responded to 1672 inquiries from individuals in Ottawa, the surrounding areas and abroad.**



Our Options Line also **encountered a significant increase in complex cases**. These cases involved individuals facing numerous barriers, from lack of healthcare coverage to reproductive coercion and mental health crises. Our Options program **prioritizes system navigation** to help clients overcome these barriers and access the care they need. We strive to go above and beyond to support our community **not only access what they need, but feel supported and advocated for along the way**.

In 2022, we witnessed an exponential increase in demand for information and referral support services delivered over the phone, by email and by walk-in. **With limited capacity, our Options team was still able to double the annual amount of information sessions provided to clients and increase support by 99+% since 2021.**

## Growth Trends in Information Sessions



# Reproductive Coercion Prevention



Everyone in our community deserves to have the power and control to make personal decisions related to birth control, pregnancy, abortion, and childbearing that is free from coercion, manipulation, or decisive influence by systemic barriers.

**In 2022 we received funding from the Canadian Women's Foundation to develop educational workshops on reproductive coercion prevention, to be facilitated in 2023.** Workshops will expand awareness for service providers, help promote informed consent, and strengthen the capacity to affirm reproductive autonomy.

Reproductive Coercion (RC) is when your choices related to if, how, and when you get pregnant or become a parent are controlled. This can happen when your partner, caregiver, healthcare provider or family members control your reproductive health choices. They may directly control, limit, or influence your reproductive decisions through manipulation, intimidation, withholding information, threats and/or acts of violence.

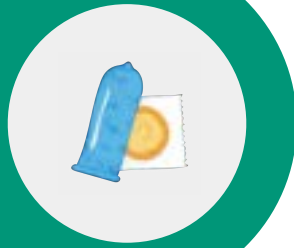
**Visit our brand new client-centered website here**  
<https://ppottawa.ca/rc/>

**In 2022 we developed impactful, interactive, intersectional workshops on Reproductive Coercion (RC) Prevention for Service Providers, and a client-centered website with information to support and prevent RC.**

## Workshop learning goals

-  **Identify** and support clients experiencing reproductive coercion
-  **Learn** how reproductive coercion manifests in intimate relationships and public institutions
-  **Understand** the responsibility of preventing reproductive coercion as service providers

# Safer Sex Supply Distribution

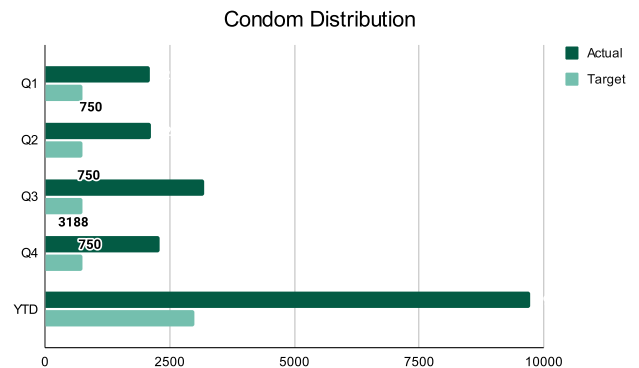
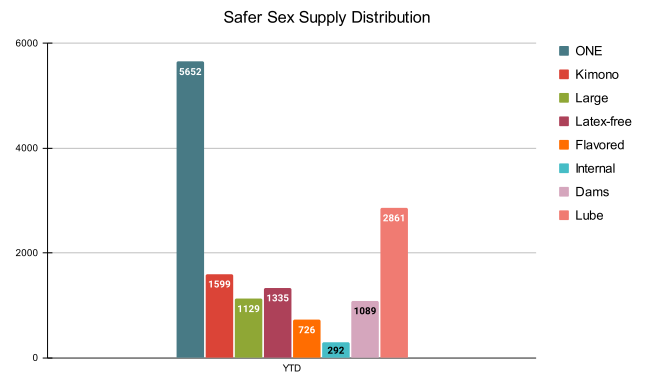


At PPO, we believe that access to sexual and reproductive resources should never be a privilege. That's why we provide a range of essential items and educational materials to our community, free of charge.

Accessible items in 2022 included; safer sex supplies to pregnancy tests, prenatal vitamins, informational pamphlets and educational resources. All of which we strived to make as accessible and barrier-free as possible.

Through our ongoing efforts, we hope to empower our community and foster a culture of trust and inclusivity, where everyone feels safe, respected, and valued.

**We distributed over 9,000 condoms, 954 pregnancy supplies, and supported 34+ community organizations with resources.**



*Image: Planned Parenthood Ottawa staff with boxes of menstrual supplies for clients*



# Sexual & Reproductive Health Training



PPO, as a volunteer-based organization, has always been dedicated to enhancing access to sexual and reproductive health education. With a focus on building people's knowledge, skills, and confidence to deliver support and education, we have developed a strong culture of technical capacity over the years.

**We trained 16 new volunteers through our SRH Training in 2022. We also helped 15 volunteers to build new skills in Options Counselling.**

**Sexual + Reproductive Health Training** is an 18+ hour training program that helps equip and empower our volunteers with knowledge about a variety of sexual and reproductive health topics from an evidence-informed and judgment-free perspective. A select group of 16 dedicated volunteers participated in our Sexual and Reproductive Health Training this year.

**Options Counselling Training** is an 15-hour training program to equip participants with knowledge and values for working as pregnancy options support counsellors. A select group of 11 dedicated volunteers participated in the Options Line training and mentoring this year and another 7 in Options Counselling.

## Topics included:

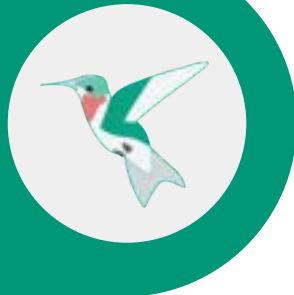
-  Sexual and Reproductive Health History
-  Anatomy, Gender & Sexuality
-  Birth Control
-  Sexually Transmitted Infections
-  Adoption, Parenting, Abortion
-  Reproductive Justice & Anti-Oppression



“ They actually took the information I provided and gave me specific advice and guidance, not just general information that I can find easily anywhere.

- Options Counselling Client

# Community Education



PPO has been dedicated to sexual health education for more than three decades, collaborating with a group of volunteers to offer comprehensive information to young people, service providers, and parents alike. Our educational topics cover a wide range of areas, including puberty, healthy relationships, contraception, sexual decision-making, and sexually transmitted infections (STIs).

In 2022, PPO's Education Program underwent significant changes to better meet the needs of the community. With the return to in-person learning, our team made it a priority to address the most pressing concerns between students and educators.

**In 2022, PPO facilitated 13 workshops that reached 342 community members, including health and social service professionals, as well as youth in community settings.**



*Image: Safer sex supplies and menstrual products at our workshop with YOSICO Newcomer Youth Centre*

**Our educators continue to provide workshops and information on:**



**pregnancy options**



**birth control**



**STI's**

# Relationships Curriculum



Our team is collaborating with York University researchers and the Public Health Agency of Canada to develop and pilot a skills-based curriculum from 2019-2024, aiming to prevent teen dating violence by helping grade 9 students build satisfying relationships.

The delivery of our **“It’s Complicated: Navigating Relationships Curriculum”** remained our education team's main effort for 2022. The curriculum is facilitated in health class and covers topics such as healthy communication, conflict resolution and accountability and boundaries. It is designed to provide young people with the tools they need to develop healthy relationships and empower them to make informed decisions about their sexual health.

In 2022 we saw a shift away from online learning and back to in-person classes. With this we had to evolve the way we delivered our content and adapt to in-person needs of our students and leaning environment.

With the extra time that in person delivery gave us, we were able to add more content about power dynamics and gender stereotypes. We also gathered more feedback from students and teachers which allowed us to developed the first draft of our in-person Relationships Curriculum.

**In 2022 we delivered our 4-5 day relationship curriculum in 21 different classrooms, reaching over 700 young people**

## Words from our students

- “You guys did great, there wasn't even one time I felt uncomfortable. Thank you.
- “Thank you so much for spreading awareness, this is something that not all schools do.
- “Thank you for being patient and taking the time to look around the room and making sure that if someone wanted to speak they had a chance.



# Financial Report



## For the year ended October 31

### Revenue

Grants (Note 7)	248,320	448,119
Fundraising and donations	153,390	90,478
Programs	13,213	1,991
Other	851	442
<b>Total</b>	<b>415,774</b>	<b>541,030</b>

### Expenses

Amortization	657	581
Bank charges and interest	4,514	789
Consulting fees	298	16,459
Fundraising	1,902	4,347
Insurance	3,117	8,151
Office	15,442	17,217
Professional fees	37,267	14,714
Program contracts	8,990	46,112
Rent	28,532	27,086
Salaries and related benefits	323,379	341,731
Training	403	-
Travel	5,654	1,165
Website	6,458	31,992
<b>Total</b>	<b>436,613</b>	<b>510,344</b>

### Excess of (expenses over revenue) revenue over expenses

	(20,839)	30,686
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# Thank you Karen & The Gordon Family



Thank you to Karen Gordon & The Gordon Family for their exceptional gift to Planned Parenthood Ottawa in 2022.

## **Q: What's one fun fact about yourself or your family?**

Karen: I grew up on a hobby farm and one of my summer jobs was selling corn at my own corn stand. I am also an avid quilter.

## **Q: What inspired you to support our work?**

Karen: I have been adamantly pro-choice since I was 14 years old. I have never wavered. I believe that every person should have the right to choose. I also believe that everyone should have access to all aspects of reproductive health care including education and any required procedures and prevention. I am also very nervous about what is happening in the United States with Roe v Wade. I take some solace in the recent midterms, but believe if we in Canada don't keep our eye on the ball we could end up with restrictions on reproductive health.

## **Q: What we do as a community to support a world where everyone has access to the sexual and reproductive healthcare they need?**

Karen: We need to keep the discussion going and never take our eye off the ball. We need to have frank and open discussions as a community about why reproductive health is important to everyone – regardless of age, race, gender, socio economic status.



*Image: Left to Right: Karen Gordon, Planned Parenthood Ottawa Donor; Em D'Orazio, Communications & Fundraising Coordinator; and Jaisie Walker, Executive Director*

## **Q: What would you say to encourage others to take action/ donate/ support our vision?**

Karen: Reproductive health is an issue that affects everyone. You may never know all of the people in your life who have been touched by safe access to reproductive education and services. Planned Parenthood Ottawa is a critical service in our community and communities throughout North America. They advocate for choice and provide reproductive health education and services. Planned Parenthood Ottawa is a critical piece of our community. By giving to PPO you also help provide reproductive health and education services to those with limited resources and access.



# THANK YOU!

We wanted to take a moment to say a massive thank you to all who made our programs at Planned Parenthood Ottawa possible over the last year.

From our fabulous volunteers who have given their time and energy to our partners, donors, funders, and staff, who have worked tirelessly to support sexual health and reproductive justice for the Ottawa community and beyond.

Your involvement has helped us to create real impact in the lives of real people.

Every single contribution brings us closer to a community, and a world where we all receive the care and support we need when it comes to our sexual and reproductive health.

We are so proud to be a part of a community that values sexual health and reproductive justice, and we are grateful for your ongoing support.

So, from the entire team at Planned Parenthood Ottawa, we want to say **THANK YOU!**



**Thank you,  
donors!**



## To our Funders



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada



**OTTAWA  
COMMUNITY  
FOUNDATION**

invested for good



CANADIAN  
WOMEN'S  
FOUNDATION

FONDATION  
CANADIENNE  
DES FEMMES

## Special Thanks

Karen Gordon & The Gordon Family  
Shirley Greenberg Family Fund  
Teresa O'Donovan Fund  
The GAL Foundation  
Tamra Thompson

& the approximately 1000 other individuals who  
supported us, both big and small.

**Thank you, merci, miigwetch, gracias, شكريه, 谢谢**

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