



# THRIVE COUNSELLING

## Annual Report, 2016-17

**Our Vision in Action:**

**New spaces**



**Above left & Centre – Burl office**

**Above right –Milton Office**

**Below left - Georgetown Care Connection ribbon cutting**

# In our local and provincial Community:

## United Way Milton – A Successful Campaign!



Queen's Park

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with Family Service Ontario and Minister Helena Jaczek



Volunteer Recognition by MPP Karina Gould

Thrive Staff at our Golf Tournament

**THRIVE COUNSELLING is honoured to provide the second annual report to the community following our merger in October 2015.**

**We are proud of our new name, our new brand and the incredible hard work and accomplishments that have created the agency that Thrive is today.**

**It has been a dynamic and exciting year full of change and we are pleased to share some of the highlights with you all.**

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**Our Service to the Community**

Clients Served in Counselling	2016/17
# of individuals served	3,006
# of group sessions	1,170

Clients Served in Supervised Access	2016/17
# of families served	133
# of visits	626

**“I found that showing ways of being child-centered rather than parent centered in my life to be very helpful”**

*Caring Dads group member*

**“I felt that my time spent with my counsellor was valuable, positive and came away with more tools”.**  
**Counselling Client**

***PAR group member* “Helped me to understand what happened in my life and to go on with a new perspective”**

**“Helped me become confident again after feeling like a bad person for being unable to pay off my debts myself”**  
**Credit Counselling Client**

## *THRIVE COUNSELLING'S SERVICES*

Individual, Couple and Family counselling

Counselling for women and their children who have experience abuse, violence in their relationships

Group programs for women and children who have experienced abuse in the home

Caring Dads- a program for fathers who have used abuse with their family

Partner Abuse Response Program – Program for partners who have been abusive

Supervised Access Programs – Support for visits with non-custodial parents

Credit Counselling & Financial Fitness- Counselling and programs to assist individuals with their financial issues

Employee Assistance Programs

Dialectical Behaviour Therapy Skills Group – For individuals to increase their skills in managing emotions

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Thrive Counselling is very pleased to have made expansions in the availability of our different programs across our 4 sites. Our continued goal is to increase the availability of services across our Halton Region. We continue to have programming to the community 7 days a week, including 5 evenings

Services offered in Oakville, Burlington, Milton and Georgetown.

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## **EDUCATION**

Thrive Counselling demonstrates our commitment to the field of counselling and the success of our next generations by offering Master level students opportunities to complete their placements at our agency. We also support internships for clinicians needing to acquire practicum hours post-Master and create summer job opportunities for university students considering work in the field. We have been pleased to have been able to increase the number of placement opportunities available to students and we wish to thank our educational partners and our students for the vibrancy and growth they bring to the agency.

## **THANK YOU TO OUR GENEROUS FUNDERS AND DONORS WHO MAKE OUR WORK POSSIBLE!!!**

The Board and staff of Thrive would like to thank our funders for their continued support and understanding of the services we have provided to the many families in Halton.

Ministry of Community and Social Services

Ministry of the Attorney General

United Way Oakville

United Way Burlington & Greater Hamilton

United Way of Milton

United Way of Halton Hills

Ontario Trillium Foundation

Halton Region Community Investment Fund

Oakville Community Foundation

We would also like to thank our generous Donors who have been so supportive!

We apologize if we have missed anyone.

Charlene Foxcroft

Were Family foundation

Susan Jewett

East Plains United Church

Al Albano

Catharine Donnars-Hodgon

Cornwall Wealth Foundation

Kathryn Burton

Hydro One Employees Foundation

James Knox

Jim and Angela Grant

DynaCare Laboratories

Deloitte

Mary Fenn-Dunbar

Rebekah Assembly

East Plains United Church

Paul & Linda O'Connor

Steve Borselino

Northbridge Insurance

BDO

Cooperators, Anthony Traversa

Taylor Leibow

BSC Solutions



## HVPC's Annual Report to the Community:

2016/7 has been another busy year for the Halton Violence Prevention Council. We are a growing coalition of 20+ agencies within our community that work collaboratively to address *all* forms of gender-based violence and abuse in the Halton region. Thrive Counselling is the lead agency responsible for the coordination of this work. Some Highlights below:

**Speakers' Bureau** - Continue to support our remarkable group of women with lived experience in the sharing of their stories in an effort to educate and inspire change.

**Office of the Coroner's Domestic Violence Death Review Committee**—Committee continues to review this annual report to identify local projects which support the recommendations of the committee. Education of specific groups continues to be a theme and activity.

**November's Woman Abuse Awareness Month**- Community and media events to continue to raise awareness of this issue at a local level. These events are strongly supported by Halton Police, the Halton Region and our elected officials and the Council is deeply grateful for their on-going commitment

**Safety Planning Committee** – Council has focused attention on updating the safety information that is available to women and children experiencing abuse. With new risks associated with the rise in the use of technology, we recognize the importance of accurate, current resources

**Sexual Violence Conference** – HVPC has integrated the regional committee focusing on Sexual violence in recognition of the mutuality of concerns and goals. The Committee has supported a multi-regional signature conference on Sexual Violence that occurred in May 2017

### **Report From the Chair of the Board and Executive Director**

#### **Al Albano – Board Chair**

The 2016-17 year cycle marked the beginning of a period of extensive change. With the legal and overarching financial merger completed, the operational, cultural and strategic goals could be refined and implemented.

The Board has worked diligently to ensure that our governance provides the support, knowledge and accountability to ensure Thrive meets its strategic goals in service of our Halton Community. The Board's strategic planning, informed by agency stakeholder and staff, included bold goals for the merged agency.

The Board has provided oversight for some significant initiatives including renewal of three of the four office sites, extension of the union across the new agency including new contract settlements, administrative restructuring and significant re-branding through all internal and external communications with the new agency name, logo and identity.

I would like to take this opportunity to thank my fellow Board Members for their hard work and commitment through this process as we have worked to strengthen both the agency and our own Board processes with new governance policies and training.

I would also like to thank the staff of Thrive who have worked tirelessly to make these changes happen and have demonstrated great flexibility and commitment to these goals.

Al Albano,

Board Chair, Thrive Counselling

**Chondrena Vieira-Martin, Executive Director**

As I look back on the 2016-17 year, I am deeply proud of what the Board and staff of Thrive have been able to accomplish in such a short period of time.

The merging of two agencies is a highly complex task which sends ripples into every corner of almost every activity and procedure that occurs in the workplace.

The wonderful thing about this change is that it provides an opportunity, just as it creates the necessity, to examine everything that we normally take for granted as business as usual and hold it up to the light and ensure that it is still the best that can be done. This has been an incredibly enlightening, time consuming and rewarding process which has filled each moment of the passing of year and will be on-going into this year as well.

The result of this examination has been extensive. New locations, a new name, a new brand, new marketing materials, a new website, new policies and procedures for our programs, for Human Resource and for our Board. And new forms, many, many new forms.

The internal workings have also generated external program changes. Thrive staff are proud of our new service offerings such as our DBT Skills group and in our new ability to offer many of our group programs across more sites so that we are more accessible to our community. We look forward to the coming year when we can increasingly turn our attention to more new programming initiatives.

A huge and not fully anticipated challenge has been preparing for our upcoming accreditation. The staff, and accreditation team in particular, have worked tirelessly, to ensure that we can meet the very high standards of excellence demanded by this process. This project has fit well with the activities of the merger and ensured that we move through the operational merger at a rapid pace. I know that the agency will benefit from our confidence in the quality of our processes as we move forward to continue to revitalize what we do.

I personally would like to thank the Board for their solid support and guidance through numerous new experiences and initiatives. I would like to thank all of the staff for their patience and flexibility as we move through this period of change as well as for their ongoing commitment to high quality work in service of our clients. I would like to say a special than you to the Management team, the Admin team and the accreditation/policy team who have shouldered a lot of the heavy lifting to allow for this change to be possible while continuing agency function at the high level of quality that exists.

## **Joint**

We look forward to a successful 2016-17 with many more changes and opportunities to come. And we again would like to thank every individual who has participated to make possible this transformation.

## **Board of Directors 2016-2017**

**President: Al Albano**

**Vice President: Susan Biggs**

**Treasurer/Secretary: Carmen Harvey**

**Directors:**

**Loraine Fedurco**

**Kate Graham**

**Celso Mata**

**Tanya Hall**

**Chris Jasiewicz**

**Hans Reitknecht**