



2022-2023

Annual Report

## Message from the Board

Reflecting on last year's Annual Report, we wish to underscore the fact that much has changed at Aurora and much has stayed the same as well. The easing of the COVID-19 pandemic restrictions has made work at Aurora less stressful than the previous two years. As a Board, we have been able to meet more in-person and be able to meet regularly with the Executive Director and his Administrative Team to receive reports, share ideas and map out strategies together. We commend the staff and volunteers at Aurora who have displayed so much resilience and creativity during the difficult and stressful days of the pandemic, as well as the stresses of readjusting to in-person work environment since the easing of the restrictions.

Recruitment of members to the Board has continued during the past year as well. The exercise has been fruitful, and we currently enjoy a healthy slate of Directors who each make their own unique contributions to the work of the Board and to the Aurora Organization as a whole. We have undertaken a restructuring of all our committees, including striking a Diversity, Equity, and Inclusion Committee which will inform future recruitment and then identify and lower existing barriers to participation.

We continue to review and adapt our existing policies and procedures, striving to ensure that the Board is providing the most effective and future-oriented governance possible to the Aurora.

## Board Members

**Michael Baffoe**

*Chair*

**Cassidy Peleuses**

*Vice Chair*

**Daniel Schipper**

*Secretary*

**Ingrid Botting**

*Member*

**Kathleen Vyrauen**

*Member*

**Brahim Ould Baba**

*Member*

**Vernon DePape**

*Member*

**Heba AbdelHamid**

*Member*

**Angela Simeonidis**

*Member*



Planning for Aurora's next Strategic Plan has been under way for some time, including a Board retreat and engagement of a consultant. Various stakeholders including members of the communities we serve, ethnocultural and faith community leaders, community agency partners, our funders, past and present Aurora management, the University of Winnipeg's Masters of Marriage and Family Therapy Program, graduate students in the program, and members of the Board of Directors have all been engaged in the strategic planning process and provided valuable input to Aurora's future direction.

The most significant development at Aurora over the past two years has been the effective leadership and driving skills provided by the Executive Director, Mr. Abdikheir Ahmed. I am happy to note and to report that Abdi's skills, wisdom, connections, deep understanding of the services that AURORA provides, and of the composition of its diverse service users, have been significant assets to the organization. He has continued to provide trusted advice and directions to the Board.

We also wish to underscore the positive contributions of Wanda Yamamoto, our Director of Finance & Administration. Her insights, constant support, and institutional knowledge of the inner workings of Aurora have been of significant assistance to the work of the Executive Director, as well as to the Board.

On a very personal level, I assumed the role of Chair of the Board a little over a year ago after some very significant changes at the Board: the resignation of the previous Chair, Mr. Dale Gledhill. The Board has managed to function effectively due to the skills of members in charge of recruiting new Board members. The additional members that they have brought to the Board have invigorated the work of the Board. I therefore highly commend the Board members who worked tirelessly in the Board recruitment process.

On a rather uncomfortable note, I am sad to report that a very dynamic member of our Board, Cassidy Peleuses, our able vice-chair, is leaving the Board due to personal and family issues. Cassidy has been of great help to the Board through her work on Board recruitment, and other important areas of the

Board's work. On behalf of the Board and staff of Aurora, I extend our sincere and deep gratitude to Cassidy for her contributions to Aurora. We wish her well in her new family dynamics and other important aspects of her life.

The Board also wishes to commend the staff at Aurora for creating a very welcoming and safe work environment. The Board has not had any crisis to deal with among the staff over the past one year and this conducive work environment has contributed greatly to the work and services that the organization continues to provide to its service users.

Finally, we want to place on record the generous and continuous support of our generous funders. We recognize the contribution and support from United Way Winnipeg, Immigration, Refugees and Citizenship Canada, Public Safety Canada, the Province of Manitoba, the University of Winnipeg, Communities 4 Families and The Winnipeg Foundation. Their continued support has touched so many lives and means so much to our extended communities and partners. We hope Aurora can count on their continued support for the invaluable services that we provide, sometimes to very vulnerable sections of our community.

## **Prof. Michael Baffoe**

*Chair*

*Aurora Family Therapy Centre Board of Directors*





# Executive Director's Report

It's been another wonderful year for the Aurora Family Therapy Centre, its board, staff, volunteers and community. This year we witnessed several milestones.

First, as we emerged from the COVID-19 pandemic experience, our staff have put together incredible programs that offer a mix of both virtual and in-person programming. Our theme was building back better post-covid. We were not going back to pre-covid times nor remaining in covid times. We decided to build back better, creating flexible programs that meet the needs of everyone whether in-person or virtual. Our community has also shown incredible resilience in adapting to the evolving changes throughout the pandemic.

We took a journey to develop our five-year strategic plan. We hired Nina Condo, an experienced consultant and respected leader in the newcomer community. Through conversations with staff, our board, ethnocultural community leaders, partner organizations, funders, and stakeholders we arrived at five key priorities that will guide Aurora's work in the next five years. Key among these is our goal to strengthen our organizational infrastructure post-separation from the University of Winnipeg.

After 50 years of connection to the University of Winnipeg, Aurora has finally separated from the institution, becoming an independent organization with its own management, administrative and financial infrastructure. Over the last number of years, Aurora has been growing both in terms of capacity and size of organization and the university has nurtured us to become independent. We have been working on a separation agreement that was finalized this year. We remain close to the university through our practicum partnership with the family therapy program.

Aurora has always endeavored to capture the work of our organization through better reporting and data management. Our work requires robust data collection and reporting mechanisms to support tracking the wellbeing of our clients across different programs and their progress within programs. We had been looking for a data management tool for a while but never got around to deciding on the next steps. The experience of the COVID-19 pandemic provided us with the impetus to find a data management tool that met our programming needs. We wanted to modernize our practice by building a system that was better than what we had in pre-pandemic times. We decided on CARMIS data management system which has simplified how we use information to support case management and reporting at our organization.

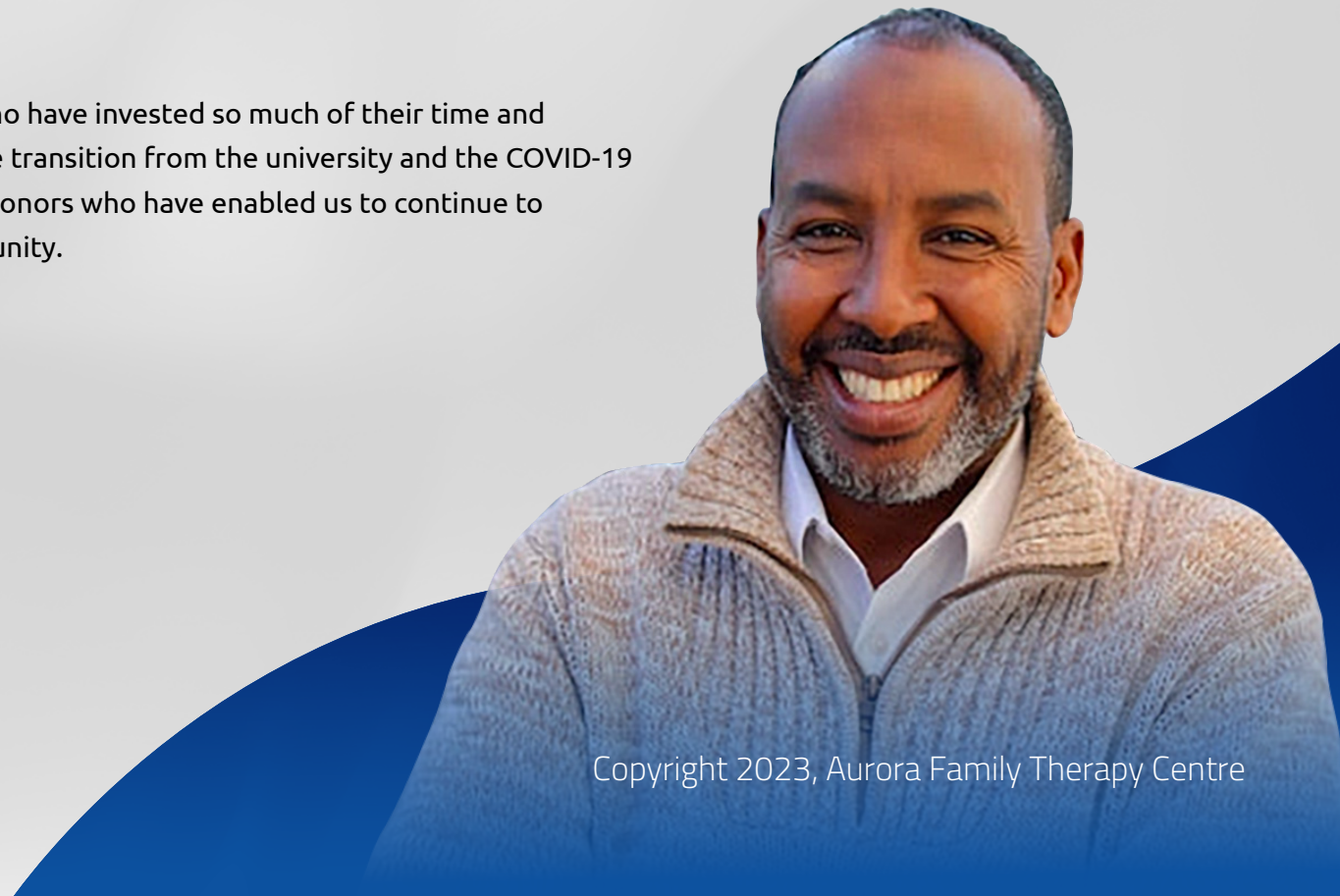
In the coming year, we will celebrate Aurora's 50th anniversary. We look forward to an event of pomp and color to celebrate Aurora's 50 years of contribution to strengthening the mental health and wellbeing of Winnipeggers. As we look into the experiences of our past, we will launch into the next fifty years committed to adapting to the dynamism of the current and future needs of our population.

Finally, we are grateful to our board members who have invested so much of their time and expertise in guiding the organization through the transition from the university and the COVID-19 experience. We are thankful to our funders and donors who have enabled us to continue to provide cutting edge programming to our community.

## **Abdikheir Ahmed**

*Executive Director*

*Aurora Family Therapy Centre*



## Aurora Family Therapy Centre

**Abdikheir Ahmed**

*Executive Director*

**Heather Robertson**

*Director of Mental Health Services*

**Aireen Miaral**

*Aurora Office Assistant*

**Wanda Yamamoto**

*Director of Finance & Administration*

**Akram Matta**

*Finance Coordinator*

**Vaska Miteva-Karamanova**

*Clinical Specialist*

**Muuxi Adam**

*Director of Newcomer Programs*

**Wajiha Liaqat**

*Aurora Office Assistant*

## Newcomer Collaborative Community Mental Health Service

**Mary Basta**

*Clinician*

**Atta Mousavi**

*Clinician*

**Genet Kassaye**

*Office Assistant*

**Margaret Tuimising**

*Clinician*

**Charmaine Gomes**

*Intake Specialist*

**Tamana (Tami) Shahnawaz**

*Clinician*

**Adey Mohamed**

*Community Outreach*

## Psychosocial Settlement Needs Assessment (PSSNA)

**Elden Siemens**

*Coordinator/Clinician*

**Sara Warkentin**

*Clinician*

**Sahra Salad**

*Intake/Case Facilitator*

**Nadiah Sidik**

*Clinician*

**Abu Dukuly**

*Case Facilitator*

**Sandra Albanex**

*Clinician*

**Vaska Miteva-Karamanova**

*Clinical Specialist*



## Vicarious Trauma & Resilience Initiative

**Kari McCluskey**

*Program Facilitator*

## Newcomer Community Development Program

**Debbie Froese**

*Newcomer Program Coordinator*

**Badri Abdilahi**

*Group Facilitator*

**Abu Dukuly**

*Group Facilitator*

**Roselyn Advincula**

*Group Facilitator*

**Hermína Tipan**

*Group Facilitator*

**Laila Khoudeba**

*Interpreter & Group Facilitator*

## Be That Leader

**Shakila Atayee**

*Youth Facilitator/Case Manager*

**Damhat Zagros**

*Youth Facilitator Assistant*

## SCREEN

**Badri Abdilahi**

*Project Lead*

## Practicum Supervisors:

Narumi Taniguchi  
Melissa Steele  
Carl Heaman-Warne  
Leslie Hackett  
Miriam Baron  
Mary Basta  
Joanne Klassen  
Michelle Kreutzer  
Deb Bomek  
Tammy Vermette

## Contract Therapists:

Melissa Pilz  
Anissa Penner

## Practicum Supervisors:

Alexandra Winters  
Alyx Tabas  
Charley McDonald-Mitchell  
Charmaine Gomes  
Claire Ohman  
Colette Havens  
Colleen Pittet  
Deborah Axelrod  
Dunja Kovacevic  
Emily Jarosz  
Erika Mitchell  
Erinne Roth  
Eva Klassen  
Fazla Ashraff  
Heather Derco-Todd  
Helen Sabater-Fixe  
Ioanna Charatsari  
Jenna Stacey  
Jennifer Streilein

Jess Hill  
Jodi Dyck  
Juan Monterrosa  
Julie Kettle  
Julie Letkeman  
Kelly Ferguson  
Laura Canfield  
Lise Turenne  
Marcus Remple  
Marie Baffoe  
Matthew Burns  
Michelle Catalano  
Mina Khani  
Nadiyah Sidik  
Nathalie van der Zaag  
Nathasha Ross  
Nicola Plett  
Nicole Stoyko  
Nicole Yakielashek  
Preet Dhaliwal  
Rachael White-Simard  
Robyne MacKenzie  
Rose Kimani  
Sara Warkentin  
Sarah Martens  
Sheralyn Schmidt  
Sheri Rose Wenden  
Steve Silva  
Tatiana Camara Serruya  
Zachary Gage

## Interpreters:

Cathay Dong  
Mary Feng  
Neveen Basiliious  
Wisal Dawood  
Lhen Reyes

Daisy Mendez  
Genet Gebrekal  
Malou Josue  
Emmy Bacani Tipan  
Khani Hassan  
Claudine Dell  
Ting Fang  
Ameena Hasan  
Hamda Ahmed  
Najlaa Sabar  
Alina Sidletska  
Kristine Nakata  
Martin Michael  
Yuliia Ivanuiuk  
Mohammed Mahdi Sultani  
Seham Abbakar  
Boutaina Abdi  
Jawad Ahktary  
Rose Kimani-Anderson  
Soraya Ata  
Lilian Bando  
Fatima Bashir  
Saim Chowdhury  
Claudine Dell  
Safiqul Islam Bin Abdul Hussin  
Feruz Kesete  
Lethiono-Mamie Kifwala  
Ahmad Shakib Mahmud  
Jolie Nabaruta  
Maria Rabadi  
Najlaa Sabar  
Nebila Said  
Rosina Yasmin

# Aurora Family Therapy Centre's Mental Health Services

Over the past year, Aurora remained committed to providing timely, high-quality and affordable mental health services despite navigating significant increased demands for therapy. The post-COVID world has not been without its challenges and economic disparities have been exacerbated, highlighting the urgency of addressing inequalities in healthcare, education and social services. We continue to be encouraged by the strength and resilience displayed by our clients during this challenging time.

The **Family Therapy Program** provided individual, couple and family therapy to **over 1,000 unique individuals** with the support of Marriage and Family Therapy graduate students from the University of Winnipeg. We continue to be a valuable resource for Manitobans seeking more affordable and accessible mental health services and delivered **6,700+ hours** of therapy over the course of the reporting period. Common requests for therapy included help with managing anxiety and depression, navigating conflict within relationships (couples, parent-child, etc.) and accessing support for difficult and/or traumatic experiences.

Partnerships with the Interlake-Eastern Regional Health Authority (IERHA) and the University of Winnipeg Wellness Centre provided additional training opportunities for future Marriage and Family Therapists (MMFTs) and allowed for increased access to mental health services for post-secondary students and rural

Manitobans. Aurora also continues to provide essential therapeutic support to individuals and families impacted by unresolved loss and homicide bereavement as an approved service provider for Manitoba Justice and Victim Services. This year we were able to engage a large number of families through Kite of Life and Circle of Security groups. We continue to explore additional group and partnership opportunities to meet client needs and high demands for service.



1,000+  
Unique Individuals



6,700+ Hours







(LAIS) which helps us decrease barriers to mental health services for newcomers to Manitoba. Through additional assessment, we determined that almost **75% of clients in the program also met the diagnostic criteria for anxiety and depression in addition to PTSD**. Assessment data continues to substantiate the effectiveness of this program and demonstrates that most clients experience a **decrease in symptoms after being involved in the program for one (1) year**.

**The Newcomer Collaborative Community Mental Health Service** also experienced a high demand for services receiving **over 100 referrals** for individuals seeking support with ongoing symptoms of Post-Traumatic Stress Disorder (PTSD). Referrals were received from the education, health and settlement sectors as well as ethnocultural and faith communities and individuals themselves. The program provided support to over **160 unique individuals** through trauma-informed and culturally-sensitive therapy, psychological and psychiatric assessments, case management and support with navigating the formal mental health system. Services were provided to clients from **42 different countries** with the largest number of clients from Iraq, Syria, Nigeria and the Philippines. **Over 77% of clients have resided in Manitoba for less than 9 years** and **40% accessed services using an interpreter**. We continue to be appreciative for our partnership with the Winnipeg Regional Health Authority's Language Access Interpreter Services

OVER  
**100**  
Referrals



OVER  
**160**  
Individuals



FROM **42** Different Countries



Saw a Decrease in **PTSD, Anxiety, and Depression** Symptoms over

**1-YEAR** ↓

Additional Service Delivery Statistics:



Family Therapy Program

1,045 Unique Clients

CLINICAL HOURS



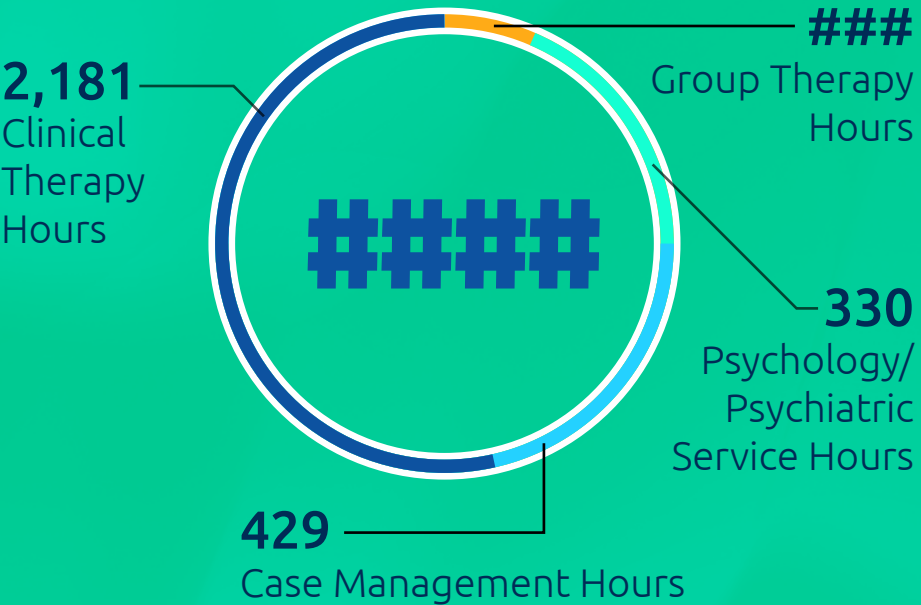
THERAPY SESSIONS



Newcomer Collaborative  
Community Mental Health Service

163 Unique Clients

PROGRAM HOURS DELIVERED



## Feedback from Family Therapy Program Clients:

Telephone surveys with Family Therapy Program clients yielded the following results:

98%

*of clients felt they were listened to and understood by their therapist.*

94%

*of clients felt they received appropriate help with their problem.*

96%

*of clients felt they would recommend Aurora to a friend or family if they needed similar support.*

78%

*of clients felt they gained lasting skills from therapy that have helped them deal more effectively with concerns or problems.*

When asked what they found most helpful in therapy, clients shared some of the following responses.

*"Having someone to talk to about uncomfortable topics."*

*"Having someone to speak with as well knowing that they were trained and educated to help."*

When asked what skills they learned in therapy, the following were the common responses.

*"Talk therapy helped deal with feeling overwhelmed and find support systems."*

*"Being able to evaluate how I'm feeling, becoming in-touch with my inner self, and better communication skills."*



# Telephone Surveys

Telephone surveys (using interpreters when needed) with **Newcomer Collaborative Community Mental Health Service** yielded the following results:



**77% of clients** strongly agreed that the staff were knowledgeable and competent/qualified. An additional **20%** agreed with the same statement.



**71% of clients** strongly agreed that the staff were sensitive to their cultural needs (e.g. language, ethnic background, race, religion, etc.). An additional **22%** of clients agreed with the same statement.

*Having access to this program, to receive therapy through this program has been so helpful for me. Not having the stress that it is only a set amount of sessions, the fact that I have someone that has some understanding about cultural differences has been extremely helpful in terms of feeling safe and not being judged.*

*I felt understood as my therapist/counsellor understands my perspective as an immigrant. I don't feel judged.*

*I appreciate the cultural commonalities that I have with my therapist. Our shared gender and nationality makes it easier to explain the root of some of my traumas.*

*The therapist being African like me made me feel she understood me and it was easy to express myself without having to explain my cultural context. This made it easy to focus on my emotions rather than spending a lot of time explaining how culture could have played a part in my story.*

*The program helped me to avoid risks and mistakes...[and] taught me how to be patient and deal with the issues properly.*

*I have to make my mind and heart strong in so many ways or just simply talking to someone who knows and understands my situation and I am not alone.*

*It provided the necessary counselling for specific situations/scenarios for handling different difficulties and provided the social need of reflecting and gaining perspectives on navigating personal thoughts, actions and emotional outcomes through constructive manners.*

*I never really had a plan for next steps on how to manage my life with my mental illness, and now I feel like I have a path I can take and I feel more motivated.*

## Challenges

The greatest challenge within the mental health program remains the ability to meet the ever-growing demand for service. Due to additional funding from the Winnipeg Foundation and United Way Winnipeg, we were able to decrease our Family Therapy Program waitlist for individual therapy from 9 to 6 months. *We were also able to hire an intake specialist for our Newcomer Collaborative Mental Program and have a clinician who was doing .5FTE intake to fully focus on providing therapy to clients.* The present societal context in Manitoba has also resulted in individuals, couples and families presenting with more urgent/acute mental health needs. Having to wait for six (6) months on the waitlist before receiving service only intensifies needs and a more comprehensive response from our therapists if required. The increased demand for services has resulted in additional administrative needs and we are continuously working to secure more resources to help address this challenge.

## Summary

We would like to take this opportunity to thank our partners, stakeholders and funders who help facilitate the essential mental health supports we provide to all Manitobans. This includes the Province of Manitoba, Shared Health, Manitoba Adolescent Treatment Centre (MATC), Clinical Health Psychology, Family Dynamics, Dr. Peter Czaplinski and Immigration Partnership Winnipeg. We would also like to thank the Winnipeg Foundation and United Way Winnipeg for additional funding to help us lower waitlist times.

We are also grateful for the knowledgeable and experienced therapists, clinical supervisors and admin staff who work tirelessly to provide the best experience possible for our clients.



## PSSNA/Dove of Peace Report (AFTC Annual Report 2022-2023)

The Psycho-Social Settlement Needs Assessment (PSSNA) program also known as The Dove of Peace program provides mental health and practical needs assessments for all newcomer refugees to Winnipeg, Manitoba. Our team consists of one Program Coordinator/Clinician, three Clinicians who administer the mental health assessments and two Case Workers who listen for and respond to any practical needs that arise during the assessment process. Practical, as well as mental health issues are addressed by making referrals to the appropriate community resources and ensuring needed services are put in place. Additionally, the PSSNA Clinicians provide short-term counselling with four crisis-counselling sessions for those in need of more immediate help.

This past year marked an increasing return to in-person client assessments and meetings, after the mandated remote work period of the pandemic. Zoom meetings and conference calls are still used at times if clients are unable to physically meet with staff. The pandemic with all its challenges and frustrations has taught us many lessons. Moving forward, we believe these teachings will enhance our ability to better serve our clients.

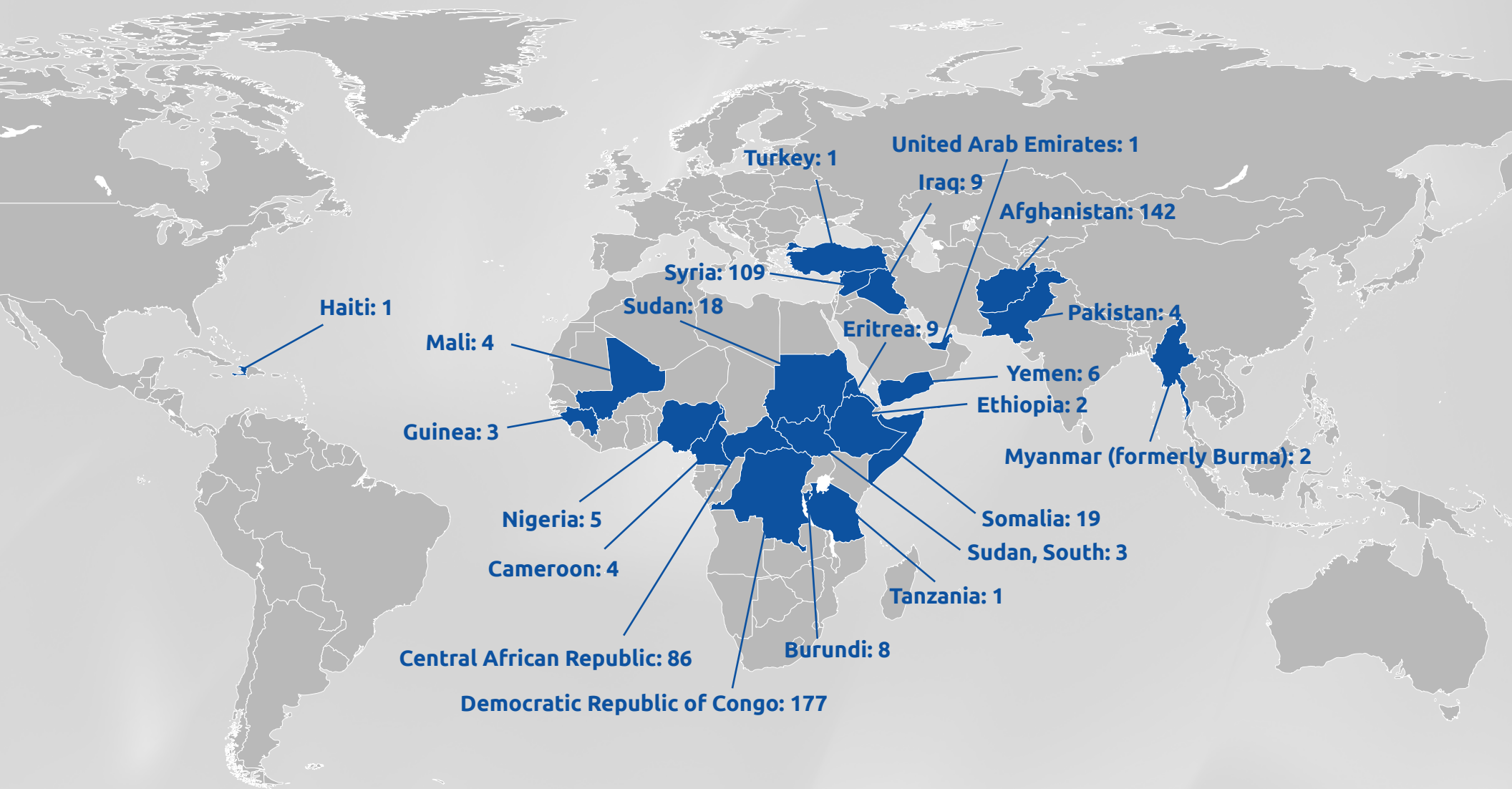
With pandemic restrictions lifting and thereby increasing air travel, we began to receive referrals more consistently, with the arrivals of newcomers to Winnipeg. We saw a dramatic increase in referrals for newcomer arrivals from the Democratic Republic of Congo (DRC). In

our meetings with the newly arrived DRC individuals and families we were struck with the length of time they had been waiting to be moved from their countries of refuge. Many had been in refugee camps for more than twenty years! As such, many of the children as well as young adults had been born in the refugee camps. Some of these young adult individual referrals listed Tanzania both as their "Country of Last Residence" as well as their "Country of Origin". The conflict in Eastern DRC rages on and yet the news of the horrors rarely reaches our media feeds here. Afghan individuals and families also continued to arrive since the Taliban takeover of Kabul on August 15, 2021. At times arrivals with emotional reunions for family members separated by the conflict. Now finally reunited. Many of the initial Afghan arrivals who came to Winnipeg in October-November 2021 continued hoping and waiting for their loved ones to join them here in Canada. The PSSNA/Dove of Peace program bears witness to these kinds of struggles. The ongoing reality of those displaced from their homes due to the violence of war and oppressive regimes. We listen, we validate and serve the people whose pain continues despite the world having possibly turned its attention elsewhere. It is important and critical work.



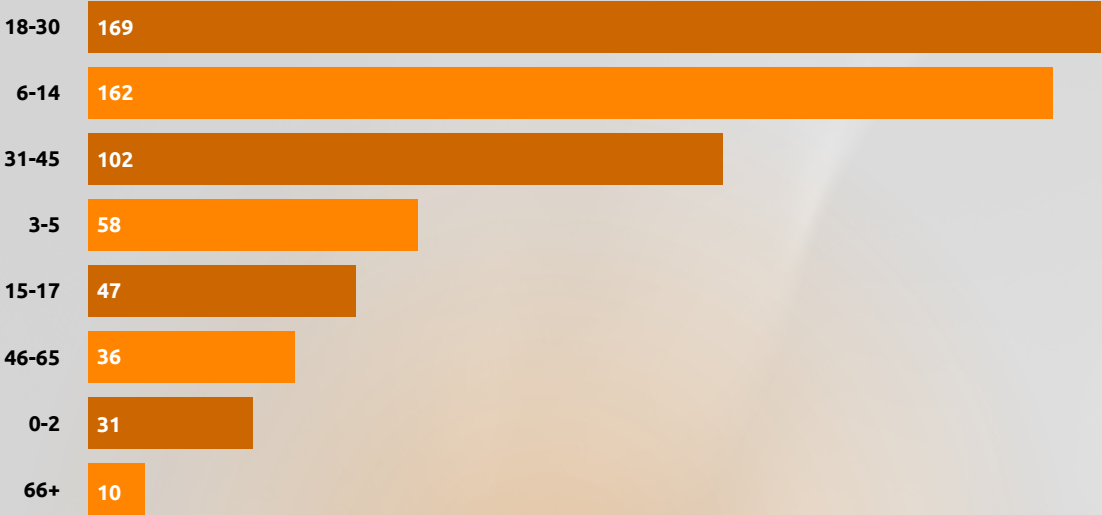
# Statistical Summary of PSSNA Intakes (April 1, 2022 – March 31, 2023 )

 Country of Origin

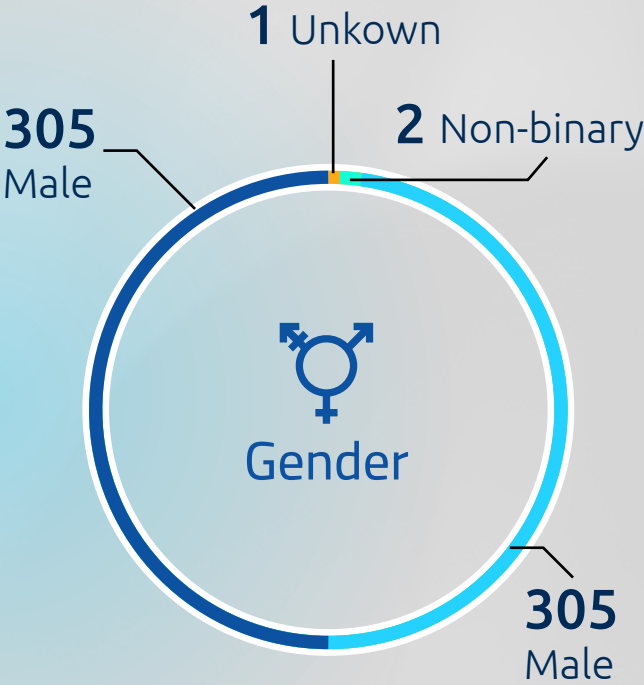
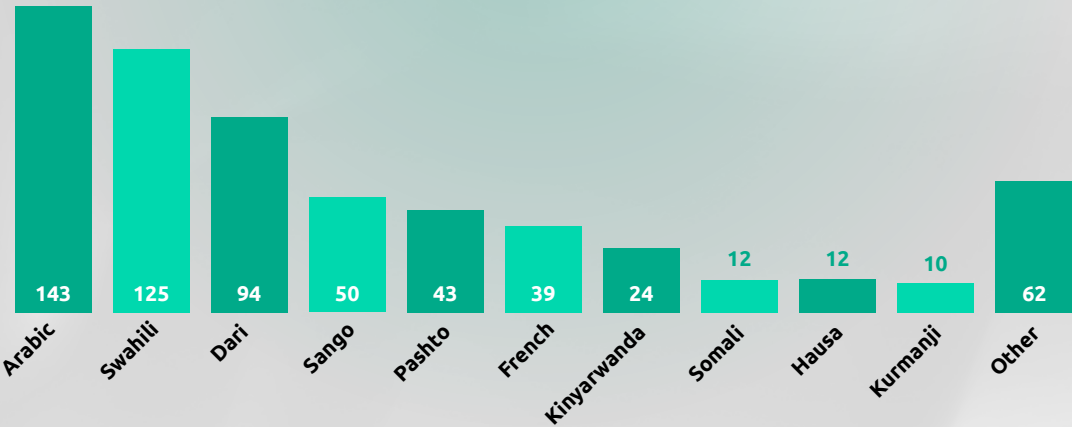


# Statistical Summary of PSSNA Intakes (April 1, 2022 – March 31, 2023 )

 Age Groups



 Primary Language



# Vicarious Trauma Annual Report

The Vicarious Trauma and Resilience Program builds relationships with partner agencies grounded in compassion and mutual respect. As such, we have found ourselves in a position of providing an increased amount of consultation in addition to the ongoing training workshops. This consultation work has provided opportunities to support agencies in prioritizing wellness for staff essential to community wellness.

The past year has seen a considerable increase in the requests for Trauma-informed training. In response, training has expanded to include accessible workshops providing a basic understanding of what trauma is and how it impacts our relationships and behaviour as well as how service providers can develop their trauma-informed practice. Vicarious trauma training continues to be in demand as well and fits in the continuum of establishing trauma-responsive practices.

Networking is an essential component of the Vicarious Trauma and Resilience Program. We are thankful for opportunities to engage with the community and other agencies at resource fairs, Multicultural Days, conferences such as Prairie and Northern Territory gatherings, Metropolis and others where we are able to enhance and expand our network of colleagues.

The work of providing safe space for helpers to share their experiences and talk about the passionate connection they have to their work as well as the challenges is essential and rewarding. One of the most important comments that is shared over and over again is that participants feel validated in their experiences. We often don't take the time to recognize the impacts of the work, both rewarding and difficult but being able to do so with intention allows us to connect, reducing isolation and builds resilience by sharing the value and importance of the work with the greater network.



35 Groups



624 Participants

*I feel nurtured.*

*I feel so validated.*

*This is exactly what I needed right now.*



# Newcomer Community Development Program

## Annual Report – Group Programming 2022 -2023

This year has been sensational in many ways. Our Community Development Program has been running in person at full capacity and continues to help newcomers find belonging in our province of Manitoba. For the first time, we have served newly arrived Ukrainian clients into our programs.

Our Newcomer Community Development programs offers a comprehensive range of settlement information orientations, community connections, family programs, youth leadership program, one-on-one support, and group sessions as well as specialized programs such as parenting, anger management, domestic violence, circle of security, men's program, coffee club for Women, conversational circles, and healthy and well-being. Using a trauma-informed and strengths-based approach, we guide and support our newcomers by helping them navigate different systems, conducting individual and family-based workshops, and offering mental health support. Our programs give newcomer participants the opportunity to gain knowledge and skills that helps with their settlement and integration. Our programs provide a safe space to express their views, challenges and exchange their experiences while learning from each other.

This year we have run a total of 855 Community Development programs. We averaged 15 programs per week. Over 300 clients

attended weekly. We have seen increased participation during the post pandemic across all our programs with the number of participants increasing in every session we hold.

 **855** Community Development Programs

  
**15**  
Programs  
Per Week

**300** Clients Attending Weekly



*We would like to highlight in this Annual report one of our newest programs:*

## Afghan Women

Since the Afghan crisis started, our response to the needs of new arrivals has proven to be very effective. Our Community Development staff have been there for them to help with their settlement and integration journey. Many of the families are large and have complex needs. By creating spaces to listen to their experiences, we learned that mental health and wellness continues to be a major concern. We have responded by increasing opportunities for Afghan arrivals to participate in mental health support and education, ensuring Afghan clients with traumatizing experiences are given the resources and support that they need to overcome a wide variety of barriers.

Supporting Afghan clients has also become an integral part of services. A significant number of this Afghan population is vulnerable; they suffer social isolation, lack family support, financial challenges, and inability to stand on their own feet. Our Afghan women program is a weekly program that runs every Friday. The program provides a safe, fun and welcoming environment while creating connections with other Afghan women. This program has built capacity of the program participants to understand and recognize that one of the root causes of domestic, family, intimate partner, and gender-based violence in immigrant families is the stress related to migration and settlement. Inability to meet basic needs and barriers related to settlement further intensify the trauma and abuse experiences. This program positively impacts the

lives of families by changing attitudes around gender equality and violence and increasing individual capacity to reduce risk factors associated with violence. The issues uncovered through this program have led the Afghan women to have access to resources and services. This includes individuals receiving education around their rights and the role of our justice system, and also receiving support to seek assistance when needed.

As always, we are grateful to the exceptional program staff and volunteers for all that they do to ensure that our programs continue to be a resource and a place of hope and comfort for the community. Your contributions are so greatly appreciated. Looking forward to the year ahead!

25+   
Different Languages

663  
Unique Clients  
Registered 

421 Group  
Events Provided



5733 New  
Contacts Made via  
Group Programs





## Summer Youth Enhancement Program

Over the last six years, Aurora has developed a very unique partnership with ethnocultural communities providing enriched summer learning and recreational opportunities for refugee youth. Many of these youth have had interrupted schooling prior to arrival in Canada and the summer break often disconnects their learning. Through Aurora's partnership with 9 ethnocultural community organizations (Bilal Community and Family Centre, Sierra Leone Refugee Resettlement, Canadian Multicultural Disability Centre, Girls Pride and Dignity, Emmanuel Mission, Rahma Youth and Family Centre, Kurdish Initiative for Refugees, Yazidi Association of Manitoba Corp, Eritrean Community of Winnipeg) has engaged over 600 children and refugee youth have who would normally not have access to summer activities. This year we added Afghan community to provide support to the many Afghan refugee youth who arrived since August 2021 when the government of Afghanistan fell.

 20,906  
Total Contacts

661   
Participants

 67,926  
Program Hours

359   
Sessions

 10 Ethno-Cultural  
Communities



## Supporting Counter-Radicalization Efforts by Ethno-cultural Networks (SCREEN)

We are delighted to report Supporting Counter-Radicalization Efforts by Ethno-cultural Networks (SCREEN) Program has had another incredible successful year. Aurora Family Therapy Centre is the administrative base for the SCREEN program which represents a collaborative partnership between Aurora, and three community agencies including the Bilal Community and Family Centre, Kurdish Initiative for Refugees, and Rahma Community and Youth Centre.



This past year, we were able to implement our community-led curriculum on prevention of violent extremism through education and awareness. Our curriculum lesson plans allow newcomer Muslim youth to be more well-equipped than ever to tackle the systemic challenges that our communities are facing. This curriculum is to be a part of the many efforts spearheaded by our community partner organizations along with Muslim local faith leaders to tackle the rise of intolerance, hate and extremism. We believe that Newcomer Muslim youth are a valuable resource and a powerful source of change whose energy and skills need to be utilized.

The SCREEN Program focuses on the needs of newcomer Muslim Youth, featuring activities that support increased self-esteem, self-confidence, and self-perception, all vital to psychosocial wellbeing. It aims to strengthen social interaction, creativity, and peer support by encouraging good communication, group collaboration, mutual trust, respect, understanding and valuing of differences. Our SCREEN program aims at building the personal resilience of newcomer Muslim Youth facing challenges at a critical time of transition between youth and adulthood.

This past year, we were able to organize our first community event Our Voices: the stories behind our resilience. The event was held at the Victoria Inn Hotel and Convention Centre in Winnipeg on March 10th, 2023, from 6pm to 9pm. Youth showcased their talents, shared their experiences, and presented strategies that they have learned to address hate, racism and discrimination and also to counter radicalization and violence.

The event brought together youth, their families, elders, faith leaders, law enforcement, academics, researchers, political leaders and service providers to participate in an evening of perspective sharing to build awareness on racism, hate, discrimination and risks of radicalization to violence. The youth shared their experiences and how they build resilience to contribute positively to their communities.

Working together in harmony has allowed us to equip newcomer Muslim Youth with an awareness of the dangers of terrorist and extremist propaganda. We are incredibly proud to report that our program continued to achieve its mission, thanks to our community partners and the phenomenal passion of our staff, and our program participants.





## Be That Leader Program (BTL)

Each year, through the delivery of our community-based afterschool leadership program Be That Leader, we equip newcomer youth with the skills to overcome adversity, build resilience and prepare for their future - while also providing access to opportunities which reduce barriers to achieving their potential.

Be That Leader is a community-based leadership program that believes newcomer youth have the capacity, creativity, and idealism to bring positive change in our communities. The goal of the leadership program is to develop knowledge and skills to enable newcomer youth to engage in leadership roles in the community and empower youth to partake in influential activities and decision-making to improve their well-being and the well-being of their family and community.

Be That Leader remained committed on strengthening resilience and building personal capacity, as well as promoting healthy development, intercultural dialogue, personal wellness, and positive mental health. This past year, we were able to run a fun, and empowering leadership program that took place in five different schools in two different school divisions.

We attribute this year's success to the dedicated and passionate BTL program staff who work tirelessly to ensure newcomer youth get the best experiences and outcomes.

While this year saw a significant expansion of the program to new schools, we look ahead to the next year and aim to extend our reach to new schools. We are looking forward to continuing providing leadership programs that raise newcomer youth's aspirations, goal-oriented planning, motivation and communication strategies to support personal growth and help youth to become the best version of themselves.



## Homicide Bereavement Program



HBP Files



MB Justice Files



78

Sessions



163

Sessions



241

Sessions

## External Partners

Manitoba Association of Newcomer Serving Organizations  
Supporting Employment & Economic Development (SEED)  
Family Dynamics  
Winnipeg English Language Assessment and Referral Centre (WELARC)  
Portage Learning and Literacy Centre (PLLC)  
Portage la Prairie Local Immigration Partnership  
Manitoba Institute of Trade and Technology (MITT)  
Saskatchewan Association of Immigrant Settlement and Integration Agencies (SAISIA)  
Roseau River Heath Centre  
Child and Family, All Nations Coordinated Response Network (ANCR)  
Immigrant Centre  
Edge Skills Centre Inc  
Winnipeg Regional Health Authority  
Neepawa & Area Immigrant Settlement Services  
Canadian Council for Refugees  
CEDA  
Rainbow Resource Centre  
Opportunities for Employment  
Accueil Francophone  
Bridge Care Health Clinic  
New Journey Housing  
Hospitality House  
IRCOM  
NEEDS Centre  
Canadian Muslim Women's Institute  
Manitoba Possible  
Nine Circles

KLINIC  
Welcome Place  
Seven Oaks School Division  
River East Transcona School Division  
Mount Carmel Clinic  
Elmwood Community Resource Centre  
Louis Riel School Division  
Manitoba Adolescent Treatment Centre (MATC)  
Winnipeg Regional Health Authority, Clinical Health Psychology  
Winnipeg Regional Health Authority, Integrated Mental Health & Addictions Recovery Services  
Bilal Community and Family Centre  
Sierra Leone Refugee Resettlement  
Canadian Multicultural Disability Centre  
Girls Pride and Dignity  
Emmanuel Mission  
Rahma Youth and Family Centre  
Kurdish Initiative for Refugees  
Yazidi Association of Manitoba Corp.  
Eritrean Community of Winnipeg  
Nehal Community Centre  
Immigration Partnership Winnipeg  
Ethnocultural Council of Manitoba  
Seven Oaks Immigrant Services  
Shared Health  
Dr. Peter Czaplinski  
United Way of Winnipeg  
Winnipeg Foundation  
University of Winnipeg Faculty of Education, Marriage and Family Therapy Program  
University of Winnipeg Student Wellness

University of Winnipeg Aboriginal Student Services Centre  
Manitoba Justice  
Interlake-Eastern Regional Health Authority (IERHA)  
Winnipeg Suicide Prevention Network  
University of Manitoba , Faculty of Social Work  
Manitoba Moon Voices  
YMCA Downtown  
MOSAIC  
SERC  
NorWest  
University of Winnipeg - Recplex

## Funders & Donors

Government of Canada  
Province of Manitoba  
United Way Winnipeg  
The Winnipeg Foundation  
Community for Families  
Anonymous donor

# AURORA FAMILY THERAPY CENTRE

## Statement of Revenue and Expenses

Year Ended March 31, 2023

| REVENUE  | 2023             | 2022             |
|--|------------------|------------------|
| Federal grants   | \$2,720,945      | \$2,534,909      |
| Provincial grants                                      | \$923,442        | \$1,136,175      |
| United Way   | \$238,589        | \$159,821        |
| Grants   | \$152,500        | \$89,103         |
| Therapy fees   | \$115,352        | \$169,642        |
| Winnipeg Foundation                                    | \$63,558         | -                |
| Practicum  | \$61,566         | \$81,922         |
| Recognition of deferred capital contributions (Note 8) | \$28,591         | \$26,079         |
| Donations  | \$17,003         | \$5,471          |
| Miscellaneous  | \$827            | \$3,889          |
| Investment income                                      | \$(3,891)        | \$6,624          |
|  | <b>4,318,482</b> | <b>4,213,635</b> |
| <b>EXPENSES</b>  | <b>2023</b>      | <b>2022</b>      |
| Advertising and promotion                              | -                | \$1,031          |
| Amortization   | \$43,161         | \$42,215         |
| Be That Leader   | \$1,422          | \$42,804         |
| Ethnocultural programs staff and external contracts    | \$815,917        | \$108,534        |
| GST  | \$6,177          | \$22,316         |
| IT Support   | \$15,118         | -                |
| Indigenous Leaders                                     | \$1,086          | -                |
| Insurance  | \$37,907         | \$28,251         |
| Interest and bank charges                              | \$4,332          | \$457            |
| Memberships and subscriptions                          | \$9,055          | \$39,715         |
| Office   | \$34,830         | \$173,405        |
| Professional development                               | \$31,733         | -                |
| Professional fees                                      | \$199,979        | \$385,166        |
| Program administration fees                            | -                | \$2,806          |
| Programs hospitality                                   | \$263,696        | -                |
| Public Awareness                                       | \$650            | -                |
| Rent (Note 7)  | \$297,479        | \$196,444        |
| Repairs and maintenance                                | \$1,912          | \$16,441         |
| SCREEN programs  | -                | \$275,872        |
| Summer programs  | -                | \$602,782        |
| Supplies   | \$60,201         | -                |
| Telephone and internet                                 | \$23,922         | \$461            |
| Transportation   | \$230,987        | \$28,151         |
| Wages and employee benefits                            | \$2,228,705      | \$1,957,667      |
|  | <b>4,308,269</b> | <b>3,924,518</b> |
| <b>EXCESS OF REVENUE OVER EXPENSES</b>                 | <b>\$10,213</b>  | <b>\$289,117</b> |