



humanity above all else

YEAR AT A GLANCE 2016

9,658

Calgarians served

1,682

families served

53%

had family incomes
under \$45,000

53%

were impacted
by mental health concerns

In the Affordable Counselling
Program, 85% of our clients said
they were impacted by mental
health concerns.

25%

were impacted
by domestic violence

Top Concerns:

- Family Relationships (55%)
- Mental Health (53%)
- Challenges at School (29%)
- Financial (23%)



Thank You!

500+ dedicated volunteers

100+ committed employees:
99% believed their work helped
build strong families

600+ donors who contributed
over \$1.19 million to break the
cycle of vulnerability



2016 OUTCOMES*

MENTAL HEALTH & WELL-BEING

80% of clients reported a decrease in anxiety from their first point of contact with Catholic Family Service's counselling services.

SUCCESS IN SCHOOL

69 students became high school graduates, through Louise Dean Centre and the Never Too Late Program.

EMPOWERING PARENTS

84% of parents indicated that their family relationships had improved and family bonds had strengthened after participating in the Families & Schools Together Program. 23 parents who participated in our programs were employed by Catholic Family Service in 2016.

HEALTHY BABIES

70% of young mothers at Louise Dean Centre increased their basic child care skills.

* All CFS programs are evaluated for impact. These outcomes are examples of how our programs strengthened families in 2016, and reflect a representative sample of the population served. For more information about outcomes, visit cfs-ab.org/why-it-matters/reports.

CFS gratefully acknowledges United Way of Calgary and Area, City of Calgary Family & Community Support Services, Calgary and Area Child and Family Services, Public Health Agency of Canada, Government of Alberta, Calgary Board of Education and Calgary Catholic School District for their significant contributions to building strong families in 2016.

THANK YOU CALGARY FOR HELPING US CELEBRATE #60YearsinYYC



Read more stories at cfs-ab.org/60YearsinYYC. Do you have a CFS story to share? Please contact katherine.matiko@cfs-ab.org.

"This photo was taken in 1992, shortly after I met my daughter Shauna for the first time. I gave her up for adoption when I was in Grade 10. The only people who knew I was pregnant at my high school were the guidance counsellor, Shauna's father and a few of my friends. My father was madder than heck at me, like seriously mad. I started at Louise Dean Centre in January 1970 and had Shauna on March 18. That was 47 years ago! In 1970, being a pregnant teenager was a nightmare. At that time, more were giving their babies away for adoption than keeping them. We gave Shauna up for adoption, but her father and I remained really close friends all of our lives. She was adopted by a wonderful family in Edmonton. I met Shauna when she was 21. I used humour to break the ice, but I was pretty freaked out. It turns out Shauna and I have the same sense of humour, the same body and the same voice. Her biological father was a musician – he played at her wedding in 1994 and I was her Maid of Honour. Looking back, attending Louise Dean was a pivotal point in my life. They helped me grow into a much kinder, much more resilient and open-minded human being."
- Donna Vennard

UNLOCKING POTENTIAL
Building Community Through Innovation

The Unlocking Potential (UP) Foundation is the fundraising arm of Catholic Family Service of Calgary. UP connects the giving hearts in our community with high-impact programs that are building strong families.



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