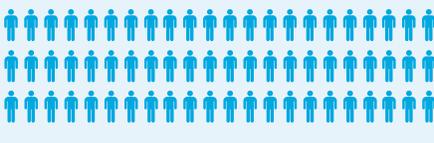


## We're all about families

People served in 2015

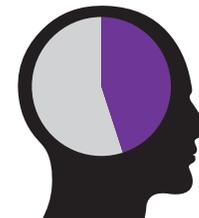
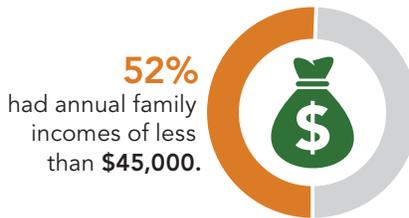
**10,506** 

Our value for family is driven by our compassion for others, regardless of where they come from or what they've been through.

## ...breaking the cycle of vulnerability

There are times in all of our lives when we experience "bumps" in the road and are left feeling vulnerable – some more than others. Relationship problems, mental health issues, intergenerational trauma, abuse and poverty can seem insurmountable. At CFS, we work with people to break through the cycle of vulnerability.

Of the lives we touched in 2015:



**45%** were impacted by mental health issues.



**22%** were impacted by domestic violence.

## ...so they can live the lives they've always wanted.

Across our 20 service offerings, the courageous people we served sought help to address:



Our wide range of counselling, education and community outreach programs equip people with the knowledge and skills to deal with their issues and live their lives to the fullest. We offer unparalleled professional service and our unwavering support to people along their path of healing, self-discovery and growth.

CFS gratefully acknowledges the United Way of Calgary & Area, The City of Calgary Family and Community Support Services, Child and Family Services Calgary Region, the Public Health Agency of Canada, the Government of Alberta and the Calgary Catholic School District for their significant financial contribution to building strong families.

The **Unlocking Potential (UP) Foundation** is the fundraising arm of Catholic Family Service. UP connects the giving hearts in our community with the high-impact programs of Catholic Family Service that are building strong families. A record \$1.12 million was raised to break the cycle of vulnerability in 2015.

What makes us different is how we do things. We don't manage clients or cases – we build relationships – human to human. We don't make assumptions or prescribe solutions – we listen and we dig deep. At CFS, we seek to understand, because when people feel understood, transformation can occur.

## These are our lines in the sand:

**We screen in.** We don't build fences, we open doors. Counselling is offered not at a sliding scale, where fees are assessed based on income, but instead based on what families believe they can afford.

Average fee for counselling:  
**\$37/session**

**We see parents as equal partners.** We employ graduates of the Families and Schools Together and Motherhood Matters programs to co-lead future programs.

**20 parent graduates**  
employed at CFS

**Loneliness is a mental health issue.** Without someone to talk to, life's problems can go from bad to worse. Our mentoring programs connect youth and young parents with caring volunteers who listen to understand.

**224** mentoring sessions

**Education is a route out of poverty.** Whether you are a teen parent trying to finish grade 12 or a senior who has suffered the shame of not having a high school diploma, we believe that education inspires intergenerational change.

**65** high school graduates

**Fathers aren't optional.** Children need love and attention from the two most important people in their lives – their moms and dads. We're working to ensure all our programs are inclusive of fathers, especially teen fathers.

Fathers Moving Forward  
program launched  
**Fall 2015**

**We believe in the science of building brains.** We recognize the brain-building potential in every interaction with infants and young children, so we offer specialized child care centres to foster healthy brain development.

**2** specialized child care centres

**Get everyone in the room.** We seek to strengthen the quality of relationships between those we serve, because personal healing is sustainable when relationships heal too.

More than **2000**  
families served

**Collaborate, don't duplicate.** Our city is home to a number of organizations doing great work in their specialty. We join forces with the best minds in Calgary to ensure resources are put to the most efficient use.

**9** formal partnerships

**Budget like a family.** We don't spend more than we have, and we get creative about how to make ends meet. We bring in compassionate, caring people who are willing to offer their time, talent, and treasure to join our work building strong families.

**440** volunteers  
**567** donors

**Humanity above all else.** When staff and volunteers feel heard and accepted, they are able to transmit compassion to the people we serve. We continually strive to be an employer of choice in Calgary.

**92% of employees**  
rank CFS as an employer of choice