



## 2018 BY THE NUMBERS

Last year, Catholic Family Service welcomed **8,491** individuals and **2,105** families through our doors and offered them services that responded to their needs. While each of the individuals and families we serve is unique, there were some shared experiences between them.

Catholic Family Service continues to build strong families, thanks to your support. In 2018, we were privileged to work alongside **500+** volunteers and grateful to receive more than **\$1.1 million** in contributions from over **600+** donors. Thank you.

**62%** of clients were under 45 years old.



**56%** were impacted by mental health concerns.



**56%** were impacted by emotional concerns.



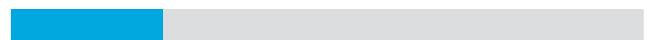
**59%** had concerns involving family relationships.



**32%** said they had challenges at school.



**24%** were newcomers or immigrants to Canada.



*Building Strong Families*

## At our Beltline Office

### Affordable Counselling

**85%** of clients said their anxiety was reduced after the first contact.

**81%** felt their level of hopelessness was reduced.

**92%** said their level of risk was reduced.

## At Louise Dean Centre

In partnership with the Calgary Board of Education and Alberta Health Services, we help young mothers and fathers with emotional and social needs related to pregnancy and parenting as they finish high school.

**224** young mothers participated in our programming at Louise Dean Centre in 2018, of which almost 40% self-identified as Indigenous.

### Parent-Child Learning Centre

**119** children were registered at this on-site childcare centre. Our professional staff conduct development screening for each child.

### Healthy Babies Network

**36** agencies helped distribute provisions and improve the health of pregnant women and families with infants up to 12 months.

### Parenting Classes

**80%** of young mothers reported that they hugged and snuggled more with their children.

### Financial Literacy

**80%** of young mothers found that their skills around understanding debit vs credit had improved.

### Counselling

**64%** of moms indicated that they are more prepared and motivated to make changes in parenting and health-related matters for their families.

### Fathers Moving Forward

**75%** of young fathers who participated in this program became employed or returned to an education program.

## In the Community

Programs offered in client homes, schools, community centres, churches and campuses.

### Brief Intervention Caregiver Support

**77** children in foster or kinship care and their caregivers were served by this program.

### Families & Schools Together

**72%** of teachers report increased academic achievement and school engagement for participants.

### Never Too Late

**81%** of students who wrote the GED exams passed all five exams and successfully obtained their GED.

### Motherhood Matters

**81%** of young parents reported experiencing less stress and social isolation.

### Crew

**122** volunteers supported Crew families this year.

### Functional Family Therapy

**70** Families with complex issues were served by this new-to-Canada model.

### Marriage Preparation

**167** couples spent a weekend exploring relational, spiritual and financial matters as their wedding day approached.

### Multicultural School Support

**196** newcomer students and their families were supported to develop a sense of belonging, ownership and active involvement in their schools.



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