

ANNUAL REPORT 2022-23

Rural Response
for Healthy
Children



ABOUT US

Rural Response for Healthy Children is a non-profit charity serving families in Huron and Perth Counties.

Our team offers education and support groups, activities, and workshops for parents and caregivers who are experiencing life transitions or coping with vulnerable situations.

We also educate children and youth with a focus on social and emotional learning, mental well-being, and personal safety at home, in the community and online.

VISION

A responsive community that supports, nurtures & strengthens families and children.

MISSION

Helping families and children to create an environment of well-being through community engagement and capacity building.

VALUES

- Responsiveness
- Making Connections
- Capacity Building
- Caring
- Fairness
- Accessibility



OUR PEOPLE

Thank you to the community volunteers who hold us accountable to our vision of a responsive community that supports, nurtures and strengthens families and children.

Also gratitude to a staff team who live our mission every day by helping families and children create an environment of well-being through community engagement and capacity building.

THE BOARD

Shannon Beattie - Secretary
Jennifer Cox
Wendy Hutton
Karen Kan
Mark King
Judy Lambers - Treasurer
Erin Roy - Co-Chair
Christina VanPoucke - Co-Chair
Amanda Zehr

THE STAFF

Nicole Bedard
Katrina Clarke - Executive Director
Susan Cowman
Kristi Michel
Jill Robertson



"Thank you so much for continuing to host these events! Our family loves them!"

WHAT'S NEW?

This year, we became the lead organization behind the Huron County Christmas Bureau. The 2022 program provided grocery vouchers and gift cards for toys to 477 families in Huron County, representing almost 1200 children. The support from the community was astounding, with over \$200,000 donated for the provision of food and gifts to families in need.

Our school programming was back in person and in high demand this year. In addition to Social Emotional Learning programming offered in the classroom, we also provided many workshops and learning events for staff, teachers, and parents in school communities.

We hosted a Moms' Night Out: Purse Auction & Paint Night fundraising event at Cowbell Brewing Co. 40 guests attended, and more than 20 auction items were donated. The event raised over \$5000.

We opened a new office space in Goderich in the Huron Perth Children's Aid Society building. This new space will allow staff to meet in person in a professional setting, and will strengthen regional community partnerships. This also provides future potential for in-person programming



OUR WORK

- We offered weekly parent drop-in sessions at Huron Women's Shelter and second-stage housing sites to support families escaping domestic violence.
- Staff joined the Huron County Food and Distribution Centre on their monthly rounds with the Mobile Food Bank. Parent resource packages and child-friendly activities were distributed to families accessing the sites.
- Dads & Kids Night at the Museum took place monthly, alternating between virtual and in-person programming, promoting involved fatherhood.
- Crockpot Cooking was offered 4 times this year, helping families to provide healthy, budget-friendly meals in their homes.
- Nobody's Perfect Parenting and Circle of Security Parenting were offered virtually and in-person to help parents and caregivers develop positive-parenting skills and improve their family dynamics.
- Family Community Garden was enjoyed by families in Goderich, who had the opportunity to learn about growing healthy foods.
- Family Walk & Talk took place, allowing parents and young children to get together and engage in healthy movement with a parent support worker.
- SibShops took place in partnership with Huron Respite Network. It is a very valued group for children who have a sibling with a disability.
- Caregiver Coffee Break was offered in partnership with Huron Respite Network for parents/caregivers of a child with a disability.
- Grandparents Raising Grandchildren group met bi-weekly, both in-person and virtually. This group continues to grow and provide support to more grandparent caregiver families across our region.



"I feel like the sense of belonging is the greatest benefit to participants, and this is done effortlessly."

OUR SUPPORTERS

The Public Health Agency of Canada continues to invest in our community with the ongoing support of the Community Action Program for Children. The intention of this funding is to improve healthy development of young children, age 0-6.

Sunset Community Foundation provided a \$3000 grant to support resources for families who access the Mobile Food Bank services in Huron County.

We gratefully received a private foundation donation of \$10,000 to support urgent community needs and school programming for students in grades 7 - 12.

Compass Minerals and Unifor 16-0 made a significant donation of \$16,000 in support of Rural Response for Healthy Children programming.

We are also very grateful to the individuals and businesses in Huron County and area who support our work. Every donation makes a difference in improving the well-being of children and families in our community.

FINANCIAL REPORT

A copy of our 2022-23 Audited Financial Statements, prepared by Seebach & Co., is available for review on our website, or by request at mail@rrhc.on.ca



OUR IMPACT

Thank you to our program participants for trusting us to support your journey toward better well-being for your children, your students, yourselves, and your communities.

TESTIMONIALS

"I really appreciated the opportunity to go through and complete this course. It really helps me with my children and my own expectations as a parent and a survivor of generational trauma."

"The Family Community Garden is an incredible resource for both children and caregivers. The facilitator is wonderful, and our family looked forward to the program every week. We built strong community connections and friends at the garden. I also appreciated the envelopes of information that were handed out every week to the caregivers. There was lots of variety of topics; I still have the school lunch ideas tacked to my fridge."

"I am going through many difficult times with raising a granddaughter. This group is helping me to cope and give me the resources I need. The support is great."



"I felt comfortable asking questions. The facilitator and the setting were very inclusive and welcoming."



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