



**BC Association of Pregnancy Outreach Programs**  
**2015/16 Annual Report**

# About the BC Association of Pregnancy Outreach Programs

## Vision

Pregnancy outreach programs (POP) are empowered, resourced and recognized as integral to the health of all women, families and communities.

## Mission

Leading, supporting and advocating for pregnancy outreach programs throughout British Columbia.



## Board Members

### **President | Central Interior Representative**

Jane Haywood-Farmer  
Family Tree Family Centre, Kamloops

### **Immediate Past-President | North Representative**

Anne Guarasci  
College of New Caledonia, Burns Lake

### **Vice President | At-large Representative**

Krista Harvey  
Cariboo Friendship Society, Williams Lake

### **Secretary | Island Representative**

Margaret Morrison  
Family Ties Outreach Program, Ucluelet

### **Treasurer | Southeast Representative**

Sue Clarkson  
Healthy Pregnancy Outreach Program, Fernie

### **Lower Mainland Representative**

Lisa Lothian  
Burnaby Family Life, Burnaby

### **Aboriginal Funded Agency Representative**

Vacant

### **Professional Representative**

Melanie Osmack  
Fit for Two Pre- and Postnatal Fitness, Vancouver

### **At-large Representative**

Beverlee Barr  
Quesnel Pregnancy Outreach Program, Quesnel

## Administrative Staff

### **Executive Director**

Anne Guarasci, as of January 2016  
Marianne Sorensen, up to December 2016

### **Administrative Coordinator**

Barbara Bremner, as of August 2016  
Dixie Harrison, up to June 2016

## Contact BCAPOP

**Email:** [popinfo@bcapop.ca](mailto:popinfo@bcapop.ca)

**Website:** [www.bcapop.ca](http://www.bcapop.ca)

## Members

### Central Interior

- 100 Mile House
  - Cariboo Family Enrichment Centre
- Kamloops
  - Baby's Head Start
- Kelowna
  - Okanagan Similkameen CAPC
- Lillooet
  - Xwisten Bridge River CPNP
- Merritt
  - Merritt Moms
- Salmon Arm
  - Healthiest Babies Possible
- Vernon
  - Prenatal Nutrition Program
- Williams Lake
  - Williams Lake Pregnancy Outreach Program

### Island

- Campbell River
  - Baby's Best Chance
- Courtenay
  - Healthy Babies Prenatal Nutrition Program
- Duncan
  - Healthiest Babies Possible
- Ladysmith
  - Born Healthy
- Nanaimo
  - Building Better Babies
- Port Alberni
  - Port Alberni Early Years Program
- Port McNeill
  - Promising Babies
- Sooke
  - Prenatal Education and Outreach Services
- Tofino/Ucluelet
  - Nuu-chah-nulth
- Victoria
  - Best Babies Program and Youth Prenatal and Parenting Program
  - Esquimalt Best Babies
  - Saanich Best Babies
  - Slaheena Native Friendship Centre
  - Victoria Best Babies

### Lower Mainland

- Abbotsford
  - Best for Babies
- Burnaby / New Westminister
  - Burnaby/New West Pre & Postnatal Services
- Chilliwack
  - Sto:lo Nation Health Services
- Coquitlam/Port Coquitlam/Port Moody/Maple Ridge
  - Healthy Babies
- Hope
  - Better Beginnings
- Langley
  - Best Babies of the Langley's
- North Vancouver
  - Tsleil-Waututh Nation
  - Shewaynewas Family Program
- Powell River
  - Babies Open New Doors (BOND)
- Surrey
  - Healthiest Babies Possible
- Squamish
  - Healthy Pregnancy Outreach Program
- Vancouver/Richmond
  - Healthiest Babies Possible and Youth Pregnancy and Parenting Program

### North

- Bella Coola
  - Healthy Beginnings
- Fort St. John
  - Baby's Best Chance
- Hazelton
  - Starting Smart POP
- Kitimat
  - Kitimat Healthy Babies Program
- Prince George
  - Baby's New Beginnings
- Prince Rupert
  - New Beginnings Pregnancy Outreach Program
- Quesnel
  - Quesnel Pregnancy Outreach Program
- Smithers
  - Northwest CAPC Coalition
  - Smithers Pregnancy Outreach Program
- Terrace
  - Building Healthier Babies
- Vanderhoof
  - Carrier Sekani Family Services Prenatal Nutrition Program

### Southeast

- Castlegar
  - Beautiful Beginnings
- Cranbrook
  - Bellies to Babies
- Creston
  - Dots to Tots
- Fernie
  - Bellies to Babies
- Grand Forks
  - Baby's Best Chance
- Nelson
  - Bellies to Babies
- Trail
  - Building Beautiful Babies

## Executive Director Report

I am happy and honoured to be able to fulfill the duties of ED for BCAPOP as of January 2016! As you know, our association has experienced significant turnover with contracted administrative support over the last few years. My hope is that I can use my frontline experience in a pregnancy outreach program and my experience as a board member to offer continuity and support growth. I am convinced that the work of pregnancy outreach programs has profoundly positive impacts on the overall health and wellbeing of women, babies, families and communities across the province.

My goal is to work with the board and other stakeholders in the province to build an evidence base that demonstrates the role of POPs in communities, and to gain further understanding about the women and families served and the impacts of POPs on families, communities and systems (*health, social services, justice and education*).

Ultimately, the board and the administrative team wants to elevate the profile of POPs in an effort to advocate more effectively for the women and families who access programs and create a stronger presence in policy decisions toward increased support, partnerships, funding and resources. Over the course of the last ten months I have focused on understanding more about the administration of the association and among other administrative duties:

- Worked with the board to recruit and hire a new administrative coordinator
- Explored opportunities for funding, crafted and submitted proposals
- Supported the prenatal nutrition program
- Actively engaged in conference planning
- Explored research opportunities
- Advocated with multiple levels of government to bring more awareness about the work of BCAPOP and its member programs

I would like to thank the Public Health Agency of Canada for financial support to administer the prenatal nutrition program, the First Nations Health Authority for its continuing financial support for our annual conference, Vitamin Angels for providing prenatal vitamins free of charge allowing the Association to distribute funding to programs and Natural Factors for providing vitamin D drops, at cost, for distribution to programs.

I would also like recognize the board for their generous contributions to BCAPOP. This is a group of dedicated professional women who recognize the value of pregnancy outreach programs and graciously share their expertise and volunteer precious time to ensure that BCAPOP continues to serve its member programs as best as possible.

Respectfully submitted,  
Anne Guarasci  
Executive Director

## President's Report

It has been my pleasure to serve as the president for the BCAPOP Board of Directors for the 2015/16 year, as well as on the board for the past 3 years. This year has seen many changes again to BCAPOP and its contracted staff. In December Marianne Sorensen stepped down as our executive director. Anne Guarasci, past-president of BCAPOP was contracted to take her place and has served BCAPOP and its board since January. Anne brings a wealth of knowledge to BCAPOP from working with a POP program in the past, developing and coordinating outreach programs and working extensively in FASD prevention.

Sadly, Dixie Harris resigned from her position as administrative coordinator, however, in August, we were happy to contract the position to Barbara Bremner, as she offers a depth of experience in program administration. She has taken on the role with great enthusiasm and has already supported us with positive changes in the organization.

Unfortunately, Cathy Campbell, our new Northern representative had to step down from the board in March – this spot has remained vacant. We are hoping to fill all the board seats including a program funded by an Aboriginal funded agency. We will be saying goodbye to Beverlee Barr who has served BCAPOP as a director for the past six years. Bev's knowledge, commitment and work ethic have been invaluable to the board and she will be missed.

This year the board has had several focuses, many of which are still in process. These include:

- Supplemental Nutrition Supports Program
- Continuing BCAPOP's partnership with Vitamin Angels to supply free pre-natal vitamins (new formula for 2016/17) to POP programs
- Partnering with Natural Factors to provide BCAPOP with liquid vitamin D drops at cost for the 2016/17 year
- Providing programs with excess funds from Public Health Agency of Canada to support nutrition initiatives within programs
- Exploring research opportunities to enhance the profile and recognition of the value of BCAPOP and POPs programs.
- Exploring research partnership opportunities that may enhance care for women during the perinatal period.
- Annual BCAPOP conference coordination in conjunction with Frog Hollow
- Design of a fresh modern BCAPOP website
- Design of a new logo more representative of POP's programs and those we serve today
- Updating BCAPOP Governance Manual to meet the new Societies Act, in effect November 28, 2016
- Ongoing advocacy efforts at multi-levels of government

I regret to announce that I am resigning as President as of the 2016 AGM, however, I look forward to continuing my involvement with BCAPOP as past president. I remain passionate about the work of this organization as well as the day to day work of POPs across the province.

I hope that BCAPOP has a positive 2016/17 year and we continue to move forward!

Jane Haywood-Farmer, RN  
 President  
 BC Association of Pregnancy Outreach Programs

# Treasurer's Report

April 1 2015- March 31 2016

The following is a summary from the Notice to Reader prepared by KPMG of Prince George, BC for BCAPOP.

---

**Total Revenue for 2015-16 was \$147,021**

---

## Revenue Sources for 2015-16

### MEMBERSHIPS

BCAPOP had 55 memberships this year with a total revenue of \$11,514.

### CONFERENCE

BCAPOP hosted a successful 19<sup>th</sup> Annual Conference at the Radisson Hotel Vancouver Airport with the theme "Embracing Diversity and Celebrating Inclusion". The conference was held October 27-29, 2015 and featured key note speaker Diane Malbin. Conference Registration revenue was \$25,650. BCAPOP contracted with First Nation Health Authority which provided \$76,000 to fund staff from on-reserve Maternal Child Health programs and Canada Prenatal Nutrition Programs to attend.

### NUTRITION SUPPORT

Public Health Agency of Canada provided funds in the amount of \$33,250 to BCAPOP for nutritional supports. Historically this funding has been used to purchase vitamins for membered programs. In 2014 BCAPOP partnered with Vitamin Angels (VA) – an American based registered charity that provides vitamin supplements internationally to populations in need. VA supplied 16,000 bottles of prenatal vitamins to BCAPOP in March 2014, which held us over for two fiscal years. This allowed membered programs to use PHAC funds toward other nutritional supports including community kitchens, community gardens, Vitamin D supplements and food vouchers. Forty-three programs who applied for the funding received monies based on prenatal intakes, to enhance their nutrition activities.

---

**Total Expenses for 2015-16 were \$153,264**

---

### OPERATIONAL COSTS

Total operational costs for 2015-16 were \$49,606 including advertising, bookkeeping, office supplies, postage, subcontractor fees, bank fees, telephone, and travel.

### CONFERENCE

Costs for the 2015-16 conference were \$77,492 including audio visual costs, conference planner (Frog Hollow), food, speaker fees and honorariums, and FNHA travel.

### NUTRITION SUPPORT

Total nutrition support was \$30,042 which included \$18,898 to programs, \$11,004 in vitamin D costs, and shipping costs.

---

**Net Assets as of March 31, 2016: \$66,746**

---

# Financial Statement

Year Ended March 31, 2016

## Statement of Financial Position

	2016	2015
<b>Assets</b>		
Current Assets		
Cash	\$ 75,387	\$ 47,288
Trade receivable	-	34,000
GST receivable	3,902	2,303
Prepaid expenses	442	457
	<b>\$ 79,731</b>	<b>\$ 84,048</b>
<b>Liabilities and Fund Balances</b>		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 4,355	\$ 9,034
Deferred revenue	8,630	2,025
	<b>12,985</b>	<b>11,059</b>
Net Assets - Unrestricted	<b>66,746</b>	<b>72,989</b>
	<b>\$ 79,731</b>	<b>\$ 84,048</b>



# Financial Statement

Year Ended March 31, 2016

## Statement of Operations and Changes in Net Assets

	2016	2015
<b>Revenues</b>		
Canada Post Community Foundation	\$ -	\$ 13,361
Conference - miscellaneous	-	438
Conference- registrations	25,650	29,577
Health Canada - FNHA	76,000	76,000
Memberships	11,514	11,768
PHAC - Vitamin project	33,250	34,000
Donations	607	112
	<b>147,021</b>	<b>165,256</b>
<b>Expenditures</b>		
Advertising	248	318
Audio visual	1,017	1,983
Bank charges	352	429
Conference planner	11,000	11,700
Food	18,866	20,362
Insurance	1,045	22
Internet and website	-	1,793
Nutrition payments	18,898	21,000
Office Supplies	760	178
Postage	137	496
Professional fees	4,325	3,409
Speaker fees and honorariums	8,381	8,199
Subcontractor	31,901	21,713
Telephone	1,127	954
Training support funding	-	14,364
Travel - FNHA	38,228	32,905
Travel - meetings	9,711	1,587
Vitamins	7,268	7,000
	<b>153,264</b>	<b>148,412</b>
Excess of (expenses) revenue over expenditures	<b>(6,243)</b>	16,844
Net assets, beginning of year	<b>72,989</b>	56,145
Net assets, end of year	<b>\$ 66,746</b>	\$ 72,989