NKLCSS thanks all of their FUNDERS

BC Association of Farmers Markets  Kootenay Savings Community Foundation
BC Housing  Ministry of Children and Family Development
Children First  Ministry of Public Safety and Solicitor General
Columbia Basin Trust  Province of British Columbia
Community Fund of North Kootenay Lake Society  Public Health Agency of Canada
Community Living BC  Regional District of Central Kootenay
Food Banks BC  School District 8
Food Banks Canada  Village of Kaslo
Interior Health  Victorian Hospital of Kaslo Auxiliary Society
Jewett Elementary School  Western Communities Foundation
Kootenay Boundary Community Services Co-op  Individual Donors
Kootenay Kids Society  Ministry of Children and Family Development
Ministry of Public Safety and Solicitor General
Province of British Columbia
Public Health Agency of Canada
Regional District of Central Kootenay
School District 8
Village of Kaslo
Victorian Hospital of Kaslo Auxiliary Society
Western Communities Foundation
Individual Donors

NKLCSS celebrates another year of service

North Kootenay Lake Community Services Society is celebrating another year of service. They continue to provide a wide range of services to many sectors of our community. From birth through the senior years, raising a family to supporting the working years, most residents of Kaslo and the North Kootenay area are served by one or more of the programs offered. To learn more, visit the report online.

MANY SERVICES, ONE ORGANIZATION

NKLCSS offers many different services from several locations. Our main office at 330 8th Avenue offers several counselling programs as well as administration of the society and the early years programs. Most of the early years and parenting programs are run out of the two Family Support Centers. The Family Access and Support Center at PVI School in Kaslo and Family Support in Hixon are all part of the NKLCSS service delivery system. The Youth Centre is at the back of 435 Front Street. Mental Health and Substance Use are at the Hixon Community Centre. The Youth Centre is at the back of 435 Front Street. Mental Health and Substance Use are at the Hixon Community Centre. The Youth Centre is at the back of 435 Front Street. Mental Health and Substance Use are at the Hixon Community Centre.
Table of Contents

Board 5
Finances 6
Counselling 8
Early Years 13
KECC 16
Kaslo Food Hub 17
KULYN 20
Boys’ Town 23
Youth Art & Culture 23
Seniors 24
Clubhouse 26
Funders Back Cover

North Kootenay Lake Community Services Society

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(250)353-7691
Fax (250)353-7694
www.nklcss.org

Donations to NKLCSS are tax deductible

First printing Sept 19, 2018
Thank you to our talented and dedicated staff

Current as of Sept 1, 2018:

**Alexis Phillips** - Child & Youth Counsellor - East Shore;
**Alice Temesvary** - Adult Mental Health & Substance Use Counsellor - East Shore;
**Barbara Cyr** - CAP-C Coordinator, Mothercare Coordinator;
**Danielle Byers** - Executive Director (currently on leave);
**David Moore** - Childminder, Program Facilitator;
**Donna Cormie** - Outreach Worker, Clubhouse Coordinator, Lifeline Coordinator;
**Dustin East** - Boys Town assistant on-call;
**Elisa Shine** - Program Facilitator;
**Elise Arnaudin** - Program Facilitator;
**Elizabeth Brandrick** - Senior’s Coordinator, Childminder;
**Erin Carr** - Boys’ Town Facilitator / Food Cupboard Coordinator / Child & Youth Worker / Outreach Worker;
**Gail Bearham** - Outreach Worker;
**Heather Hamilton** - Office Manager, IT Support;
**Jana Huismans** - Victim Support Worker, Safe Homes Coordinator, Seniors Advocate;
**Jane Ballantyne** - Finance Manager, Acting Executive Director;
**Jennifer Berg** - Childminder / Home Support Worker;
**Jenny Hide** - Adult Mental Health & Substance Use Counsellor;
**Jordanna Isaacson** - Child and Youth Counsellor;
**Josslyn Gareau** - Women's Counsellor & Safe Home Coordinator;
**Kathy Boehlke** - Childminder;
**Kathy Allaire** - Kaslo Early Childhood Coalition Coordinator, Reception;
**Laura Douglas** - Family Support Worker, PEACE Counsellor;
**Margaret Smith** - Childminder;
**Mikenna Hansen** - Childminder;
**Nancy Hansell** - Childminder;
**Nichol Ward** - Childminder / On-call Food Cupboard Coordinator;
**Nicole Brown** - Program Facilitator, Childminder;
**Pat Lawrence** - Childminder;
**Patrick Steiner** - Food Security Coordinator;
**Sarah Evans** - Early Years Coordinator, YAC Coordinator;
**Shannon Isaac** - Kaslo & Up the Lake Youth Network Coordinator;

Worked for us during Sept 1 2017 - Aug 31 2018:

**Ellie Madeley** - Counsellor;
**Kevin Flaherty** - Executive Director;
**Suzan Clancy** - Community Counsellor
**Lindsay Snyder** - Childminder
**Annie Reynolds** - Program Facilitator
**Zoe Spring** - Childminder
2018 has been a busy year of growth and collaboration, not to mention personnel changes, for North Kootenay Lake Community Services Society. Here are some of the highlights:

Our Food Hub continues to move from strength to strength, providing much-needed access to food and food skills. New initiatives this year included: partnering with Nelson’s Deconstructing Dinner Film Festival in November, which involved hosting two films at the Langham and a “locavore” tasting event; as well as coordinating the Kaslo Saturday Market. Thank you Patrick for your leadership at the Hub!

Working closely with JV Humphries school staff and a number of students, an initiative to increase awareness about anxiety in the school and the broader community was undertaken by one of our counsellors. The pinnacle was an evening at the Langham where students exhibited their art work and introduced ‘Angst’, a film about anxiety from a young person’s perspective. We are fortunate to be able to continue some of this work in the upcoming school year due to additional funding from CBT.

Our Executive Director Kevin Flaherty spearheaded the Commonspace Working Group and in partnership with the Kaslo Public Library and Selkirk College together have been exploring options for a sustainable location for the three organizations. We are currently involved in a feasibility study to examine the feasibility of developing the Kemball building and adjacent property for this use and to compare it to a possible new build for this purpose.

Our Board has been involved with fundraising for the organization at the local Farmer’s Markets, selling tickets for the ‘Edible Garden Tour’ and looking for new members for our Society.

There have been a number of staff changes with Josslyn Gareau commencing in the Stop the Violence Counselling role and the Safe Homes Coordinator, while Nicole Tarasiuk is taking an absence of leave. Alice Temesvary returned and is now working as the Mental Health and Substance Use Case Manager on the East Shore. Our beloved Suzan Clancy retired after almost 10 years with our organization and we wish her well in her new endeavours. Suzan has been a tremendous advocate for our youth (in addition to her paid role supporting women, and victims of crime) as well as representing indigenous peoples as an elder in that community. Thank you Suzan for all the years of dedicated service and commitment you have given to our community.

Funding was received from the Ministry of Public Safety and Solicitor General which will provide enhanced service for Victim Services, Stop the Violence Counselling and counselling under the ‘Prevention, Education, Advocacy, Counselling and Empowerment Program’ (PEACE) for Children and Youth experiencing violence. We also secured a new contract with Community Living BC to support an adult living with a developmental disability, as well as new funding from the Kootenay Boundary Community Services Coop which allowed us to participate in the Safe Kids and Youth (SKY) regional project to provide a coordinated response program for child/youth victims of crime.

The Board has also experienced several changes over the past year. Chris Carroll, Kare Kathro and Ann Brenton have left us and have been replaced by Nancy Gibson, Neil Johnson and Monica Davies. Thank you Chris, Kare and Ann for your valued contributions, and thanks to Monica, Neil and Nancy for joining us.

Once again, we must remind you, our community members, who contribute volunteer hours and financial contributions, of the important role you play in the operation of NKLCSS. We need your vital support to help keep our organization going and connected to the people we serve, not to mention providing over 30 jobs for our community at large. Please remember to keep your memberships current and to contribute regularly to our organization as you are able.

Joanna Temple
Board Chair
Financial Report - March 31, 2018

- Income $849,838
- Expenses $836,724
- Surplus of $13,114 includes:
  - Addition of $5,838 to internal reserve funds
  - Cash surplus of $7,276 to carry over to 2018-2019
- 31 part-time staff employed

We are especially appreciative of our individual donors who support important programs not funded by contracts and grants. Individual donations totaled $33,591.

It is exciting to manage the finances to support so many valuable community programs.

Carol Brown, Jane Ballantyne, MSc.
Treasurer, Finance Manager

Income
Total $849,838
### Expenses

Total $836,724

#### Wages & Benefits

- **$612,875** - **73%**

#### Program Expenses

- **$147,338** - **18%**

#### Other Expenses

- **$76,511** - **9%**

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<td>Youth</td>
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Counselling

Stopping the Violence and Safe Home

Our Stopping the Violence (STV) Women’s counselling program, funded by the Ministry of Public Safety and Solicitor General, provides short and long term individual counselling and related supports to women who have experienced relational violence or abuse. This service is available to any female-identifying individual who has experienced violence or abuse in her life, whether current or past and whether from family members, partners, acquaintances or strangers.

Our Safe Home program, funded by BC Housing, offers temporary accommodation and safety planning for women with their children who are fleeing, or at risk of, violence and abuse. The Safe Home program consists of local community members who offer the use of their private homes when needed.

July 2017

Looking back over this time there a many things that stand out for me. It has been a very full experience, both personally and professionally. This year has been full of growth and change. In the Spring of this year I requested a leave of absence from my position as STV Counsellor at NKLCSS. I am grateful to the agency for granting my request for a leave of absence, one that will span September 2017 to December 2018. During my leave, I plan on attending to my self as an individual, nurturing my interests and wellness, as well as deepening my therapeutic skills.

Between April 1, 2017 - March 31, 2018. The STV program served:
46 unique women
213 individual sessions

It has been a touching experience closing with the women I serve. To say I am fulfilled by this work is an understatement. Witnessing the courage, wisdom and brilliance of these beautiful women is a deep honour, one that fills and shapes me.

Wrapping up my practice and preparing to transition out of this position has been full of learning, challenges, and tender moments. Saying goodbye to the team of women I am privileged to call colleagues has been hard, as they teach me, hold me, reflect me, companion me. I simply could not ask for more than what has been given. The generosity of compassion, kindness, and mentorship touches my heart deeply, and I am so very grateful for having been here, this time, with you all.

Delightfully, Josslyn Gareau has been hired to step into the position. I have no doubt that she will fill it beautifully, bringing her warmth, compassion, and unique skill set to this challenging position.

Nicole Tarasiuk, DKATI
Stopping the Violence Counselling Program
Women’s Transition Housing and Supports Program

June 2018

It has been an honour to step in to cover the STV counselling and Safe Home Co-Coordinator position at NKLCSS this past fall. I have appreciated the support and patience of the NKLCSS team, clients, and the Kaslo community during the change and transition within this position. In the short duration that I have been with NKLCSS, I have been impressed by the thorough and ethically-minded focus of the clinical team, as well as the creative problem-solving and collaboration in response to the challenges and barriers to service-provision in a rural and remote area. Making connections with the STV counsellors from throughout the region has been very helpful in learning how service is provided and problems are navigated in neighbouring communities. In the fall I attended a regional Integrated Case Assessment Team workshop to better understand the best practices for preventing and responding to high risk domestic violence cases. I also attended a clinical training in Focusing
Oriented Therapy in Nelson. Highlights from the year have also been welcoming new additions to the NKLCSS staff. An exciting and important upcoming project is to review and update aspects of the Safe Home Program in order to best meet the needs of the community. Over the next year I am looking forward to obtaining advanced training in Accelerated Experiential Dynamic Psychotherapy (AEDP) an attachment-based, experiential treatment model ideally suited to address and treat relational trauma. I have felt incredibly fortunate to accompany and witness clients in the process of restoring resilience, empowerment, and sense of wellbeing. I am continually moved by the courage shown by clients embarking on the process of personal growth.

Josslyn Gareau, Registered Clinical Counsellor
Stopping the Violence Counselling Program
Women’s Transition Housing and Supports Program

From April 2017 to March 2018, 32 people received service through the Victim Services program.

Community Based Victim Services
Funded by Ministry of Public Safety and Solicitor General

The Victim Service Worker (VSW) provides advocacy, support and referral services to those who have experienced crime, violence or trauma. These services are available irrespective of a police report.

Services include:

- Help understanding and dealing with the effects of a crime
- Emotional support
- Referrals to other community agencies that can help
- Help understanding what happens in court and providing support and guidance through the court process
- Help accessing information about and applying for financial benefits, if eligible

This fiscal year saw the position vacant for approximately three months; however, it did not appear to negatively affect service utilization. From April 2017 to March 2018, 32 people received service through this program.
Adult Mental Health and Substance Use—East Shore - Alexis Phillips

This program is funded through Interior Health and is delivered on the East Shore at the East Shore Community Health Centre.

From April 2017 through to the end of March 2018 the East Shore Adult Mental Health and Substance Use counselling program supported 27 individuals with Adult Mental Health and Substance Use Counselling, case management and psychiatric support. Alexis Phillips left the Adult Mental Health and Substance Use position at the end of February 2018. This position has been filled by Alice Temesvary.

Alexis Phillips wants to thank all of the staff at the East Shore Community Health Centre for the 10 years that she held the AMHSU position on the East Shore. It has been a privilege for Alexis to support the clients on the East Shore.

Child Youth Mental Health—East Shore - Alexis Phillips

From April 2017 through to the end of March 2018 the East Shore Child Youth Mental Health (CYMH) counselling program supported 22 children, youth and families with individual counselling, integrated case management, and complex care interventions.

A highlight for me this year was the ability to continue offering a drop-in open studio art group on Fridays at lunch. This group was supported through continued funding through LINKS, a School District #8 (SD8) initiative. The art group is facilitated by Laura Douglas, the NKLCSS Family Support counsellor, and myself. It is open to children from kindergarten through to grade 7. This group has been a huge success and Laura Douglas and myself plan to continue offering the art group during the 2018-2019 school year. Thank you to all the community members who have so generously donated art supplies to help keep this group running. Any support with art supplies is greatly appreciated!

Another highlight this year has been offering two counselling groups which were co-facilitated by Laura Douglas and myself. In the spring of 2017 a group was offered to the 4/5/6 girls and the 4/5/6 boys and focused on building relationship and communication skill. In the fall of 2017 a group was also offered to the 4/5/6 boys and focused on relationship and communication skills and conflict resolution.

The CYMH counselling program is funded through the Ministry for Children and Family Development and SD8. Programming on the East Shore was also supported through additional funding thanks to the LINKS Program. The program is delivered on the East Shore at the Crawford Bay Elementary-Secondary School in the counselling room located in the community section of the building.

In the following year I look forward to offering more counselling groups with Laura Douglas, increasing the group therapy services available for children, youth and their families.

This past year one of the teachers from Crawford Bay Elementary and Secondary School (CBESS) went missing and we later found out that he had died in an accident. This tragedy has had a significant impact on the East Shore Community. I am so grateful for the support that came from so many directions during this very difficult time. Laura Douglas, our Family Support Counsellor was over on the East Shore providing extra support to parents, students, and staff. In addition, SD8 activated their trauma response team, which included Ben Eaton and Todd Kettner. SD8 also provided extra supports to ensure that there were always counsellors in the school. We had retired teachers from the CBESS school community come in to the school to provide extra support for the children and the staff. The SAR team (Search and Rescue) and the RCMP along with the trauma team held regular community meetings to keep the community informed. Laura Douglas and Josslyn Gareau from NKLCSS also came to Crawford Bay to provide an information session for parents on how to support their children. Alan Friend, an Adult Mental Health and Subtance Use counsellor with Interior Health provided an evening group session for community members. The Yasodhara Ashram provided meals for the family and their supporters. The community participated in the search. So many people came together
to support one another. Duncan Grady facilitated circles with the staff and with the students at the end of last year. He also came and sat in circle with the 4/5/6/7 class from last year and supported them in preparing for the one year anniversary of the loss. The school put up basketball hoops and a plaque in memory of the teacher who died and held a ceremony to mark the anniversary.

Overall, in terms of both my contracts I have seen an increase in need for services. The complexity of the challenges people are facing, continues to increase. I have also participated in more collaboration among various agencies, which has been very encouraging.

Alexis Phillips, MA, RCC
Child & Youth Mental Health Counsellor

Adult Mental Health and Substance Use—East Shore - Alice Temesvary

In January 2018 I joined NKLCSS in the capacity of the Mental Health and Substance Use Case Manager at the East Shore Community Health Centre in Crawford Bay. I work Tuesdays and Thursdays (half day) in order to fulfill my 11 hours a week contract hours. My first three months were busy with new and existing clients as well as familiarizing myself with NKLCSS policy and procedures. From the beginning of January to the end of March 2018 I met with 18 adults and had 51 appointments. In February 2018 I participated in a 3 day training (funded by Interior Health) for Cognitive Behaviour Therapy. I am excited for the opportunity to work NKLCSS again and I am honoured to be a part of my clients’ healing journey.

Alice Temesvary, MSW
Adult Mental Health & Substance Use Counsellor

Adult Mental Health & Substance Use—Kaslo - Jenny Hide

This past year referrals to Adult Mental Health & Substance Use programming in Kaslo continued to be steady, with close to 50 new referrals and over 70 people served. The majority of the these referrals come from the Kaslo Primary Health Unit Doctors, however I would like to remind people that community members can also self-refer and other community service providers can also refer individuals that are in need of Mental Health and Substance Use support. The Adult Mental Health & Substance Use contract is funded by Interior Health and provides for 23 hours (3 days) per week of service for the residents of Kaslo and the area (up to Howser and down to Ainsworth). This past year I delivered an average of 75 sessions per month. Interior Health continues to ask that we prioritize individuals with the most significant mental health and substance use concerns and refer those with more mild/moderate depression/anxiety to the ASTAT team at Nelson Mental Health. That said, we recognize that travel to Nelson for services is a barrier to many and we continue to lobby Interior Health for more expanded services in our area.

Jenny Hide, BSW
Adult Mental Health & Substance Use Counsellor

Outreach

The Outreach program provided supports to 3 clients in the community this year.

Alice Temesvary, MSW
Adult Mental Health & Substance Use Counsellor
PEACE program - Laura Douglas

Laura Douglas provides counselling to children and youth who are experiencing challenging family dynamics or have witnessed abuse. She provides service in Kaslo and Crawford Bay. Thirteen individual children and parents received service this year and, six co-facilitated friendship groups were offered at JVH School and Crawford Bay Elementary Secondary Schools supporting thirty-two individual students.

A very popular offering at JVH Humphries School and Crawford Bay has been the lunchtime Open Art Studios. Thirty-two Open Studio sessions were offered in Kaslo to Elementary aged students with average attendance of 22 students a session; in Crawford Bay the program offered 19 sessions with an average of 13 students a session.

This year Laura also provided two guest speaker talks for Nobody’s Perfect, and The Clubhouse. Laura chairs the Child and Youth Interagency Committee that meets once a month to identify the needs of youth in our community and to plan ways to support them.

The highlight from this year was continuing to facilitate the Open Art Studio where natural cooperation, problem solving and self-regulation was fostered with the students as they entered the room with excitement and left with smiles on their faces with their creations.

Family Support

This program is funded through the Ministry of Children and Family Development.

Laura provides support to parents and families providing: parent-teen mediation, intensive family preservation and parenting skills. She provides service in Kaslo and Crawford Bay. Thirty-seven individual families received support through this program during this reporting period.

Laura has continued to offer a weekly Parent Support Circle in Kaslo, providing support to fifteen individual clients. In the Spring of 2017 in collaboration with COINS (The Circle of Indigenous Nations Society) Laura co-facilitated 7 Traditional Parenting Sessions. This program served eight parents who are parenting children with Aboriginal Ancestry. In the fall of 2017, Laura co-facilitated a six series Peaceful Parenting Series in Crawford Bay which supported nine individual clients. Tragedy struck the school community of Crawford Bay last May. Laura co-facilitated a session for parents on supporting their children through grief and loss and supported children impacted in processing their feelings around their loss.

Laura Douglas – B.ED, M.A
PEACE Counsellor
Family Support Worker

Child and Youth Mental Health & PEACE program - Danielle Byers

Danielle provides counselling to children, youth, and their families in Kaslo three days a week under two programs - Child & Youth Mental Health (CYMH) and Prevention, Education, Advocacy, Counselling and Empowerment (PEACE). Danielle commenced working late September 2017 offering counselling one day a week at JV Humphries School. Seventeen individual children and youth, along with their families received service this year, totalling a number of 205 individual contacts. Along with Laura Douglas and Erin Carr, she co-facilitated thirty-two Open Art Studio sessions to elementary aged students, with the average attendance of 22 students per session. This program is supported by funding from SD #8 LINKS and Ministry of Children and Family Development.

“It is an honour to work with children and young people in Kaslo. One of the highlights was working with a group of students at JV Humphries to raise awareness about anxiety. It culminated in a student art exhibition and a screening of the film 'Angst' at the Langham Theatre, which was attended by 40 people.” The art is now on permanent display at the school, along with a 'Mental Health Wall' where helpful information can be posted.

Danielle Byers, MPsych RCC
CYMH Counsellor
PEACE Counsellor
Early Years

Guest Speakers

Parents have a voice in choosing topics and speakers for this series based on their current needs. Children enjoy activities and snacks with childminders while parents attend the session in another room. Local and regional service providers share their knowledge, respond to parents questions and inform parents about community resources.

Topics for the Speaker Series this year included: Children and Anxiety, Navigating Food with Children, Parenting in a Digital World, Making a Will, First Aid for parents and more!

Parent feedback:

“Speaker clearly has a lot of experience and strong theoretical grounding, lots of knowledge to offer, also an honest, reassuring demeanor”

“I liked] the chance to speak about things openly that we do not often get the chance to.”

32 different adult participants
40 different child participants
69 adult visits
90 child visits
8 sessions offered in Kaslo
5 sessions offered in Meadow Creek

Mother Goose Songs and Rhymes

This group focussed on teaching parents lullabies, rhymes and bouncing songs to share with their children. This group also enjoyed storytelling and participated in storytelling games.

Participant Feedback:

“[This program] created a space for us to learn songs so that we’re confident to have circle time at home”

“I am not from Canada so it’s good for me to learn songs from this country as my child is half Canadian”

Mother Goose Story Kits

This program begins with the facilitator telling a story to the parents and children, using beautiful little props on a tabletop. In the weeks that follow, the children have fun with caregivers while the parents sit together, creating all of the characters and props needed. This year, a total of 9 parents learned or enhanced skills in painting and felting. They developed a support network among them as they worked on their creations and talked. They each made two story kits, which they brought home to enjoy with their families.

Participant feedback:

“It’s new way to play for us”

“Programs like this encourage community togetherness and values”

“great for mental health for parents”

13 adult participants
13 child participants
8 sessions offered

9 adults
10 children
Mothercare Pregnancy Support

The Mothercare program aims to support pregnant women through to 6 months postpartum. The program offers information, resources, referrals and various kinds of support: emotional, breastfeeding and nutritional as well as support to make lifestyle changes towards a healthy pregnancy and baby. Women living on low income are eligible for free prenatal vitamins and grocery vouchers as well as gas vouchers to help them attend group. The women enjoy listening to guest speakers, having discussions and doing activities that involve exercise, food preparation, creativity and group connection. This group meets weekly in Kaslo and offers a hot lunch. The coordinator also travels to Meadow Creek each month in an outreach capacity to connect with women, lend resources and distribute food vouchers.

Participant Feedback:

“I felt so supported...Barb helped me through the hard times breastfeeding. I am so grateful!”

“Nice to have a supportive group to connect with, some support to buy groceries and good information in activities/speakers”

Barb Cyr, BSW
Mothercare Coordinator
CAP-C Coordinator

Strong Start Parent and Child Time

Participant feedback:

“[This program] definitely takes some pressure off of me and I have more patience”

“Great selection of activities. Both open ended and more specific skill based. Stories are age appropriate and circle offers great ideas for home time as well. I really appreciate the variety of snacks offered and the healthy ideas provided.”

“It provides a great break from the home chores and gives a great means of needed support during difficult times”

“The resources are great and offer great support for learning. Both for parents and children alike”

“We sing songs/rhymes from circle time often at home-love the attention that is put into choosing/adapting songs and also the inclusion of children’s choices into circle”

“Love the bravery of activities-not afraid of kids making a mess!”

My child and I get to spend important one-on-one time together here plus we have the opportunity to interact with other families which is so important also”

SSPACT (Kaslo & Meadow Creek)
Sessions offered = 160
Individual participants = 227
Participant visits = 2409
Referrals made by staff to other service providers = 65
Monthly service providers visited the Strong Start Parent and Child Time program. 90 consultations with service providers occurred.

23 women served this fiscal year
63 food vouchers issued
“[The gas vouchers to attend this program have] made all the difference in the world. No gas vouchers = no Strong Start for us.”

“The gentle guidance and obvious love shared by the facilitators creates an atmosphere that cultivates all types of learning.”

Kaslo and Meadow Creek Family Centres

- Staff distributed 17 child car seats to families living with low incomes.
- # of gas vouchers issued = 266
- Total value of gas vouchers issued = $2570
- # of emergency food vouchers issued = 12
- Total value of emergency food vouchers issued = $600

Nobody’s Perfect Program

- Total # of parents registered = 13
- 1 program offered in Kaslo and 1 program in Meadow Creek. Each program had 6 sessions.

Comments from parents:

“I felt alone in parenting before I came here. I’m so glad that I’m not alone in what I’m going through.”

“This group and these types of conversations couldn’t happen with a group of [parents] just getting together over coffee. I loved the guidance, structure and facilitation.”
**Baby-Supplies Cupboard**

- Total # of parents = 35
- Total # of visits = 160
- Age of children = newborn to 4 years
- Diapers distributed = 2021
- Formula distributed = 1
- Other items distributed = wipes, bottles
- Donations = diapers, wipes, formula, money. Total value of $288.50

This year the number of visits to the Baby-Supplies Cupboard increased by 40% from the last fiscal year. The number of diapers distributed this year increased by 60% from the last fiscal year. The number of families accessing the Baby-Supplies Cupboard also increased by 60% from the last fiscal year.

**Volunteers**

We had two volunteers working with SSPACT this year. The total # of volunteer hours was 168.

Sarah Evans, BA  
Early Years Coordinator

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**Kaslo Early Childhood Coalition**

The Kaslo Early Childhood Coalition (KECC) meets monthly and works in a collaborative way with parents, professionals and other organizations who have a vested interest in the welfare of families. We advocate for the interests of young children and seek innovative ways to most effectively use and link resources and services to children from 0-6 years old in Kaslo and surrounding area.

The KECC has had a great year and I have enjoyed my role as coordinator.

We held our annual Children’s Fair event in November. There was live music, face painting, crafts, a clothing swap, a gross motor play area, snacks, storytelling, and a family photo booth! We had our busiest year yet with just over 100 people attending!

This year we welcomed the CBT (Columbia Basin Trust) as additional funders to our coalition. With their support, we doubled our current budget, allowing for more coordinator time and operational support. We were able to offer the Ages and Stages Developmental Screening Questionnaire (ASQ) to families in our area and met with 8 different children! We hosted a Car Seat Clinic and helped 2 families with making a safe and smooth ride for their children! A survey for families touching on a few key areas (childcare, housing, income, and services) was conducted reaching out to 25 different families representing 52 children! We were happy to co-host the first Annual Kaslo Easter Egg Hunt with our local paper, the Pennywise. We had 115 children come to enjoy the hunt!

All of the events and activities we were able to offer enriched families lives and increased the profile and importance of the Early Years in our area in a much more meaningful and productive way.

Kathy Allaire, BSW  
KECC Coordinator
The Kaslo Food Hub offered a range of programming and services in 2017/2018. Food access and food skills are at the heart of the work we do, with improved food security for Kaslo and Area D residents at the heart of our mandate. Below is a summary of the major areas in which we saw growth or change in the past year.

**Food Cupboard**

Use of our twice weekly food bank service continues to grow, with 2017/2018 seeing record numbers of people accessing the service. This provides challenges to us for budgeting, resource priorities, volunteers, and more. Our food recovery program offsets some of these expenses, but we still rely on our Christmas fundraising campaign to bring in the money required for us to purchase the food necessary to stock our Food Cupboard. Donations from community members and businesses are the real source of the food we are able to provide.

We had a shift of personnel with previous Food Cupboard Coordinator Dustin East moving on to a new career path, and Erin Carr taking over duties this spring as the new Food Cupboard Coordinator.

**Harvest Share Food Recovery Program**

This program seeks to provide high quality food for distribution through our food cupboard, and relies on the generosity of local businesses like retailers, lodges, restaurants, caterers, bakeries, and also individuals who donate surplus food to us. We accept donations at our door, and also pick up donations on a weekly basis from donors. The program has a huge impact on our ability to provide food to our food cupboard clients.

The food recovery program also includes our Feeding Families Not Bears program which seeks to avoid human-bear conflict in our area by matching residents with fruit trees and excess fruit, with volunteer harvesters who want to collect that fruit. Fruit is shared amongst the tree owners, harvesters and Food Hub.

**Food Cupboard client visits in 2017-2018:**
3,409

**Hunger Count** – 85
unique individuals served at our Food Cupboard in March 2018. Up from 83 in 2017. This statistic is taken annually as part of a Food Banks Canada member survey.

**Volunteer hours:** - 480
by Food Cupboard “Hub Hosts”

**Christmas hampers distributed:** 67

**Recovered Food in pounds:**
17,878

**Recovered Food Value:**
$46,483 (using Food Banks Canada guide for valuing food at $2.60/pound)

What kind of food donations does this include?
Fruits, vegetables, groceries, dairy, bread, eggs, meat

Local businesses donating food in 2017-2018: 14
Feeding Families Not Bears (Fruit Tree Harvest Program)

- 23 volunteer harvesters
- 2 classes from JVH that also volunteered as harvesters (beyond the 23 other harvesters)
- 30 properties serviced by volunteer harvesters (often with multiple trees on property)
- 6000 pounds estimated fruit harvested, split between volunteer harvesters, Food Hub and property owners. This is a conservative estimate.
- Produce harvested included: cherries, apples, plums, pears, elderberries, potatoes, grapes, tomatoes.

Food Skills Workshops:

6 workshops in the last year. Topics covered: Cheesemaking 101, Edible Mushrooms of Kaslo, Preserving the Old Ways, Seed Starting, Fruit Tree Pruning, and Raw Food Making.

These workshops teach valuable skills aimed at increasing people’s ability to feed themselves with nourishing and affordable food, while providing an opportunity to come together and learn in a social context. We had over 60 people participate in these workshops.

Garden Expansion

We expanded our Food Hub demonstration gardens by developing garden beds alongside the United Church wheelchair access ramp. In 2017 we grew 235 pounds of salad greens and kale, which was distributed through our Food Cupboard program. We had 11 volunteers help, including the Boystown youth mentorship program of NKLCSS.
Kaslo Saturday Market

We had a successful first year of coordinating the Kaslo Saturday Market, after taking over duties from the North Kootenay Lake Arts and Heritage Council who had founded the market 16 years previously. We are proud to be the organization providing this much-loved community event. The market is an important incubator for local farm and artisanal food businesses, offering market vendors exposure to a customer base and opportunity for face-to-face engagement with those customers. The market offers a fun personal and family experience where, for a short window of 16 weeks, residents and visitors can buy items that many times are not available at any local stores, and they can meet the producers of their food in person.

Farmer's Market Nutrition Coupon Program

22 households received $15 in coupons weekly for a 16 week period in 2017. A total of $5280 in coupons was distributed to eligible families, seniors and pregnant women in our community. Coupons could be used to purchase fresh produce and more at the Kaslo Saturday Market. This is a program of the BC Association of Farmer’s Markets and funded by the BC Ministry of Health.

Deconstructing Dinner Film Festival

We partnered with Nelson’s Deconstructing Dinner Film Festival to bring 2 films to Kaslo in November of 2017. Our film night included showing 2 critically acclaimed documentaries as well as a “locavore” tasting event. We were one of only two satellite locations outside Nelson that was chosen to show films from this festival. The partnership was a success, and we are looking forward to doing it again in 2018!

Community Root Cellar

Our walk-in cooler is available to rent space and keep perishable items in excellent condition. The past year saw a surge in popularity of this service with more people, farms and businesses using it than ever before.

Kaslo Seedy Sunday 2018

Seedy Sunday is an annual event celebrating local seed and food sources. Much like a farmer’s market, vendors who specialize in growing seeds come to sell their wares, and eager gardeners come out to find just the right seed for their gardens in the coming year. The event also involves workshops focused on seed saving and food growing. The event is held every February in the Heritage Hall above the Kaslo Food Hub.” There were 12 vendors and 2 free public workshops.

Kaslo Jazz Fest Campground Management

By managing the South Beach campground at Jazz Fest, we raised $3200 for the Food Hub to support our activities and programming.

Patrick Steiner, Food Security Coordinator
Erin Carr, Food Cupboard Coordinator
Nicole Ward, Food Cupboard Coordinator (back up)

Tool Library

This resource continues to grow in popularity in Kaslo, allowing people to rent culinary food processing items like dehydrators, juicers, grain grinders, meat grinders, apple press, smokers, canning supplies, pasta makers, and more. There were 52 rentals this year.

The Food Resource library had 30 rentals. Residents can choose from a selection of food-themed books and videos.
Overall Kaslo and Up the Lake Youth Network (KULYN) has successfully engaged youth over the last year and has grown partnerships with the Kaslo & District Arena. This has been a notable year for youth taking the reins in the planning and coordinating of two events: The Snow Ball and The May Days Sk8 Jam. Youth are learning that their desires, needs and wants are important and that KULYN will do their best to support their ideas coming to life.

Shannon has been collaborating with Kaslo Minor Hockey in the hopes of establishing a youth recycling depot where all youth based organizations can share the workload of collecting and sorting bottles while raising funds. Our goal is to design a for-youth-by-youth bottle depot offering employment for local youth on a part-time permanent basis.

The community at large is beginning to reach out and inquire about youth based events, programs and activities, and recognize the importance of offering such programs for youth. There has been an increase in the level of financial support and acknowledgement of the importance of youth based programs from the community.

KULYN partnerships with JV Humphries School (JVH), Kaslo & District Public Library (KDPL), Kaslo & Area Youth Centre (KAYC), Lardeau Valley Community Centre (LVCC), and Kaslo Arena have all proven to be invaluable. We share spaces, ideas, and coordinate collectively improving and increasing access to diversified youth programs, activities and events.

We also host a monthly Gay-Straight Alliance Drop-In Program. It has been consistently growing over the last two years. This group is financially supported with KULYN, and Freedom Quest funds. Our annual event is participating in the Kootenay Pride Parade, 10 eager youth were the face and forefront of this year’s pride parade.

The van has also been an opportunity to grow relations with JVH and the broader non-profit organizations.

I truly enjoy my position as the Kaslo and Up the Lake Youth Network Coordinator.

**Goals & Priorities**

- **Increase & diversify youth activities, programs & events**
  - Shinny, Dungeons & Dragons, The Snow Ball, May Days Sk8 Jam, Stained Glass Sessions, and Beauty Products were all new programs, activities, and events that successfully aligned with our key priority.

- **On-going support for a youth specific space**
  - We continue and are committed to supporting the Kaslo and Area Youth Centre with their cost of rent.

- **Increase opportunity for youth to attend Basin wide events**
  - We brought youth to the Kimberly Youth Summit, Ainsworth, Revelstoke Ski Hill and Pool, and the Kootenay Pride Parade.
Develop and Implement Transportation Policy
◊ The van is up and running, all systems have been tested and proven successful with minor tweaks.

Develop Partnership with Kaslo Arena
◊ We offered drop-in Shinny at the Kaslo Arena and look forward to increasing youth participation at the arena.

Provide on-going funds to KDPL, and LVCC for youth programs
◊ See the table for a list of the youth programs, events and activities that were planned and coordinated with funds provided by Kaslo & Up the Lake Youth Network.

Build adult & youth volunteer base
◊ We had more consistent volunteers this year. Annie Reynolds, Erin Carr and David Moore have all stepped in to assist with youth programs and obtaining their class 4 licenses to take trips with the youth van in the Columbia Basin. Youth have also consistently volunteered for KAYC Girls Group Drop-In

Explore and collaborate with JVH outdoor education opportunities
◊ We collaborated on a 2-day ski trip to Revelstoke and we continue to explore other possibilities. We have also supported JVH outdoor ed. with the use of our van on many occasions.

Explore Feasibility of Outdoor Ed program to be offered during Spring Break or Summer
◊ I have spoken with Erin Carr who is an outdoor survival skills educator. Erin is interested in offering Rites of Passage program for young men (14 – 18yrs) this is an ongoing conversation.
Continue to collaborate with JVH around program development and delivery
◊ Dan Rude, principal at JVH, sits on the oversight committee and we are involved on a weekly basis when planning, developing and delivering local youth programs. JVH is an invaluable support to KULYN.

Network with Nelson Youth Employment Centre (NYEC) to offer employment skills and services
◊ I have assisted youth with 5 resumes, 3 cover letters and 1 letter of resignation this past year. I have also connected 3 youth with local business owners looking for employees.

Community Partnerships
◆ Kaslo & District Public Library (KDPL)
◊ Offers youth programs during the summer and afterschool on Fridays
◆ Kaslo & Area Youth Centre (KAYC)
◊ Offers afterschool and weekend programs for youth during the school year.
◆ Lardeau Valley Community Centre (LVCC)
◊ Offer youth workshops and events
◆ Kaslo Arena
◊ Offered Drop-in Shinny youth program
◆ JV Humphries School (JVH)
◊ Collaborates with events and offers space/venue as needed
◆ Freedom Quest Youth Services
◊ Collaborates with events and offers funds to host the monthly GSA youth drop-in program
◆ Kaslo Minor Hockey
◊ Developing opportunities for youth organizations to fundraise via local bottle drives. Have been working on a plan for 1yr to engage youth organizations to help out with bottle drives.

◆ Village of Kaslo
◊ City Councillor Kellie Knoll is the KULYN liaison with the Village of Kaslo Council

◆ Columbia Basin Alliance for Literacy (CBAL)
◊ We develop and collaborate on youth programs that will meet the literary needs of youth living in Kaslo and Up the Lake.

◆ Community members
◊ We have 3 committed adults who volunteer and are invested in being a part of the KULYN. In addition, community members Erin Carr, David Moore, Phalen Funk, and Angela Bennett have benefitted greatly from conference and workshops offered by Basin Youth Network.

Shannon Isaac
KULYN Coordinator

Volunteers

<table>
<thead>
<tr>
<th></th>
<th>Hours</th>
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<tbody>
<tr>
<td>We had two returning adult volunteers and one new adult volunteer</td>
<td>100</td>
</tr>
<tr>
<td>We had youth volunteers for Kaslo &amp; Area Youth Centre (KAYC) programs</td>
<td>108</td>
</tr>
<tr>
<td>Kaslo and District Public Library (KDPL) Youth Programs</td>
<td>30</td>
</tr>
<tr>
<td>Lardeau Valley Community Centre (LVCC) Youth Event &amp; Stained Glass Workshop</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total Volunteer Hours</strong></td>
<td><strong>262</strong></td>
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Boys’ Town Kaslo (BTK)

BTK was able to provide mentorship for 14 different boys over the course of the school year. We have also established a new position as peer mentor. Our peer mentor gains valuable leadership experience as well as providing a bridge between the participants and the adult mentors. We have developed a well-rounded program which breaks the year up into 3 different 8 session sections. In the fall we focus on individual confidence, winter’s focus is mentorship in locally available skill sets and spring is community service. The boys learned carpentry, musical instrument, winter survival and curling skills and were able to give back to the community by working in the community garden, performing at the seniors’ long term care facility, working with the village council and performing random acts of kindness.

BTK Coordinator: Erin Carr
BTK Assistant: Dustin East and Dave Moore
BTK Peer Mentor: Keefer Barnes

Youth Art and Culture

This year we ran a series of sessions where children could return to build on their experiences, build deeper relationships, and strengthen their skills week after week. In Kaslo the sessions offered included 6 weeks of Nature connection/mentoring/arts empowerment program, and 3 sewing workshops that each ran for 3 weeks. All of these sessions were for 7-12 year olds. In Meadow Creek we ran 2 sewing workshops for 6-18 year olds. Each ran for 4 weeks.

Comments:
“awesome for kids to have fun learning new skills”

“This fostered a sense of independence and confidence in my daughter and I’m grateful that she had access to this program”
“so nice to have opportunities for children to have art experiences especially if sports are not their thing”
“my daughter loved this program. She has been begging me to teach her to sew and I don’t have patience for sewing. Now she can teach me : ) “
“Thank you immensely! We so appreciate these class opportunities to learn skills and be exposed to other people and projects.”

Sarah Evans
YAC Coordinator
Seniors

Seniors’ Coordinator

From the ‘Office of the Seniors Advocate’, the most recent update as of June 21, 2018 is that there are 916,000 seniors in B.C. making up 19% of the population. The projection is that by 2031 seniors will make up 25% of the population.

As the Seniors’ Coordinator it has been a privilege to provide information to seniors and to represent seniors and our NKLCSS Agency, in Kaslo, Area D, and our region. The sharing of information and representation is reflected in the following statistics:

♦ 47 ‘Seniors Information Sharing Sessions’ were held at either the Seniors Hall or the Food Hub in Kaslo on Tuesday mornings, to improve access to information and co-ordination of services.

♦ 169 individuals received ‘one to one’ information support during the drop-in sessions. (Some individuals visited more than once).

♦ On average approximately 25 phone calls, and 100 emails are received/sent each month.

♦ 120 people benefitted from the ‘Low Income’ – ‘Income Tax Assistance Program’.

♦ Four people were assisted with the completion and submission of their West Kootenay Community TEETH application forms. It has been gratifying to hear that the program is connecting with the clients that have needed dental care for some time.

♦ Twenty-two regional partners were connected through the ‘Moving Together’ transportation meetings.

♦ Four seniors from Kaslo attended the Nelson Seniors’ Fair on Monday October 2, 2017

♦ Carole Summer, who is a NKLCSS Board Member, and I attend the bi-monthly meetings of the Kaslo and Area D Health Select Committee. Information is shared about areas connected to Health and well being.

♦ Ten Age-Friendly North Kootenay Lake Advisory Committee members provide the Seniors’ Coordinator with support and valuable suggestions. 10 members X 3 meetings (8 attended on average X 3 meetings) = 24.

Opportunities to share seniors information with the community arise at regular meetings of the following groups: Kaslo Senior Citizens’ Association monthly meetings and Friday Morning Senior Coffee Drop-Ins; Abbey Manor Board and residents yearly meeting; Victorian Hospital Kaslo Auxiliary Society monthly meetings; Kaslo Saturday Market; and the Health Select Committee’s annual Health Faire.

The Seniors’ Coordinator arranged or participated in:

♦ Regular ‘Columbia Basin Alliance of Literacy’ meetings.

♦ Monthly Victorian Hospital Kaslo Auxiliary Society meetings.

♦ Regular Health Select Committee Meetings

♦ Ten monthly Kaslo Seniors meetings, at which Seniors Reports were given, announcements made, speakers introduced, and some surveys were conducted.

♦ The Caregiver Support Program

West Kootenay Community TEETH Clinic Society updates, training, form completion and submissions continue. West Kootenay Low
Income Dental Assistance’ announced that the denture portion of the program with Record Ridge Denture Clinic has been fully subscribed. This year they have been able to assist 21 patients needing 37 dentures. $30,000 in subsidy Through this program they have provided approximately.

Five meetings of the ‘Moving Together’ Age Friendly Community Initiative, which helps to improve affordable, accessible, and age-friendly transportation options for seniors have been attended in person or by phone.

The Seniors’ Coordinator prepared and led three ‘Age Friendly North Kootenay Lake Advisory Committee Meetings with an average attendance of eight of the eleven members, plus the Executive Director and Seniors’ Coordinator at each meeting.

Presentations by Leanne and Emily, Community Paramedics, who explained the goals of their program for Kaslo and Area D senior residents in particular.

A total of sixty-four ‘PRIME’ - (Personal Records in Medical Emergency) Kits have been distributed at the Hospital Auxiliary May Days Tea, Abbey Manor, Lardeau Valley, Saturday Market, Health Fair, and Individuals.

The Seniors’ Coordinator composed four letters of support for Kaslo Seniors’ Grant applications.

Two ‘Transit Orientation’ bus orientation tour groups came to visit Kaslo.

Updates have been submitted by the Seniors’ Coordinator to the ‘Closing the Gaps in Seniors Care’ Resources Guide for contact information for Public and Private Services for North Kootenay Lake Seniors 2018. The new updated guide can be viewed on-line at www.trailfair.ca/seniors or www.kb.fetchbc.ca

The Kaslo Seniors’ Coordinator will be using surveys, and conversations, asking individuals what services or resources they have used or learned about that have been helpful, and continue to ask in what other ways we can support them?

Elizabeth Brandrick
Seniors’ Coordinator

Lifeline

Lifeline is a personal help button worn by individuals. The program had 10 clients this year.
Clubhouse

Clubhouse members participated in activities including: discussions on nutrition and personal issues, trip to Nakusp to visit the Nakusp Clubhouse, hosting the Nakusp Clubhouse for lunch in Kaslo, picnicking in Vimy park and Kokanee park, and playing Scrabble.

Guest speakers have included Laura Douglas on Non-Violent Communication, Casey Jones on gut health, and Debra Barrett with an art session.

Individual participants  4

Sessions  40
Participant visits  118

Participants enjoy the program so much that they have been known to make extraordinary efforts to attend when their regular transportation is not available.

Donna Cormie
Clubhouse Coordinator
NKLCSS thanks all of their FUNDERS

BC Association of Farmers Markets
BC Housing
Children First
Columbia Basin Trust
Community Fund of North Kootenay Lake Society
Community Living BC
Food Banks BC
Food Banks Canada
Interior Health
Jewett Elementary School
Kootenay Boundary Community Services Co-op
Kootenay Kids Society
Kootenay Savings Community Foundation
Ministry of Children and Family Development
Ministry of Public Safety and Solicitor General
Province of British Columbia
Public Health Agency of Canada
Regional District of Central Kootenay
School District 8
Village of Kaslo
Victorian Hospital of Kaslo Auxiliary Society
Western Communities Foundation
Individual Donors