

Annual Report
2006



LA
FONDATION DE
PSYCHOLOGIE
DU CANADA



THE
PSYCHOLOGY
FOUNDATION
OF CANADA

Message from the President



The Psychology Foundation of Canada has been initiating some of the most imaginative and effective programs in Canada since 1974. These programs support children and

parents and strengthen families. They focus on prevention by using psychological research to implement programs that affect the mental well-being of Canadians.

Over the years, our programs have reached more than a million Canadians, giving them critical tools to help them make their children healthier and their families stronger. Programs have ranged from conferences for parents and professionals to initiatives such as the Parent of the Year contest, a bus shelter poster campaign providing parenting tips, a national parenting survey, media “on air” tips for raising children and understanding family issues, publications and award winning programs such as *Parenting for Life* and *Kids Have Stress Too!*[®].

The Board of Trustees is comprised of psychologists, business and community leaders. Corporations, foundations and individuals have helped to make programs possible by generously supporting the Foundation. Delivery partners in the health, education, social service and community agency sectors help to deliver the programs to parents and professionals across Canada.

For years, psychologists who work in so many different settings — schools, hospitals, research facilities, social service agencies, criminal justice institutions, local communities and in the private sector have provided specialized mental health services in Canada and continue to play a critical role in the mental health sector. We thank them for their commitment to community and to their profession.



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President

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Message from the Chair



Over the years, psychologists, business, and community leaders have contributed to the work of The Psychology Foundation of Canada. I want to express my gratitude for their commitment

to the Foundation and to the community. In 2006, we said farewell to Vicki Lazier, a Trustee who worked tirelessly for 14 years to raise funds and to promote and implement the *Kids Have Stress Too!*[®] Program. We thank her for her years of service in helping to bring this important program to life.

We said “farewell and thank you” to Dr. Mark Frankel who led the *Parenting for Life* program after serving as Chair and Past Chair of The Foundation for several years. Mark’s contributions to program development and implementation are a legacy that will have a lasting impact on the lives of children and families.

We welcomed 5 new Trustees to the Board this year- Dr. Ed Blackstock, Judge Donna Hackett, Dr. Nina Josefowitz, Bart Mindszenty, Suzanne Park and welcomed back Claire McDerment, the developer of the *KHST!* Program. They have all assumed leadership roles in helping us develop long term plans and strategies in addition to their work on

fundraising, marketing and program development teams.

We formed partnerships for program delivery to ensure that people have access to our programs across Canada and we continued to build capacity for program growth and outreach.

We introduced a new program. *Diversity in Action Scarborough: Adapting Mental Health Programs for Newcomer Families* is a pilot project designed to address a growing community need. We partnered with several community agencies in order to better understand the mental health needs of newcomers to Canada.

It has been a pleasure and a privilege to serve as Chair of The Psychology Foundation of Canada to “bring psychology to life” and promote the psychological well-being of children and families. We can be proud of the programs we develop, the outreach we attain and the partnerships we form.

Please join us to promote the psychological well-being of Canadians everywhere.

A blue ink signature of Dr. Steven Stein.

Dr. Steven Stein
Chair 2005-2007

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Dr. Steven Stein

Past Chair

Dr. Mark Frankel

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Dr. Ester Cole

Dr. Jennifer Connolly

Dr. Anne Mellers

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Bart Mindszenty (*Chair*)

Elizabeth Davis

Runa Dhar

Dr. Eric Jackman

Dr. Karen Katchen

Suzanne Park

Dr. Steven Stein

Nominating Committee

Dr. Mark Frankel (*Chair*)

Dr. Steven Stein (*Co-chair*)

Dr. Ester Cole

Harriet Stairs

A Year in Review 2006



Kids Have Stress Too!® (KHST!) is a broad-based primary prevention program to provide parents, caregivers, and communities with the knowledge, awareness, and skills to help young people become healthier and more resilient through learning how to manage their stress. The program helps parents and caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively. This year we:

- Introduced the new Pre-school program for those who work with children ages 2 ½ to 5 years
- Worked with our delivery partner Invest in Kids to train more than 400 new Facilitators and daycare professionals across Canada
- Launched a school feasibility study
- Were featured by sponsor TD Bank Financial Group as a signature program during Mental Health Week

Program Sponsor



Program Committee

Harriet Stairs (*Chair*)

Claire McDerment (*Co-chair*)

Karen Buck

Dr. Anne Mellers

Anne Dupré

Dr. Wendy Saleh

Judy Ferguson

Joan Vanduzer

Diana Martin

PARENTING FOR LIFE

Parenting for Life (PFL) is a non-profit, award-winning public education program to promote positive parenting skills and the well-being of families. Based on five major themes of parenting, there are five booklets (in English and French) available for parent-trainers, which are also distributed across Canada to parent groups and family resource centres. In 2006, a PFL Facilitator's Kit including a CD containing the five booklets and all program materials was pilot-tested and will be launched nationally in 2007. This year we:

- Developed and tested the new *Facilitator's Kit for Parenting the School-age Child* — part of the *Parenting for Life* Series
- Distributed *Parenting for Life* Booklets and posters across Canada
- Received a Community Service Award from Yorktown Family Services in Toronto

Program Sponsor



Parenting for Life Steering Committee/Project Team

Dr. Mark Frankel (*Chair*)

Dr. Ester Cole

Lynne Hoppen and Michael Hope

Dr. Jennifer Connolly

Dr. Nina Josefowitz

Karen Engel

Dr. Karen Katchen

Julia Houldin

Suzette Arruda-Santos

Dr. Barbara Houldin

Dina Vardouniotis

(L to R)
 Parenting for Life Skills
 Workshops Series participants;
 Our display table at
 Ontario Psychological
 Association Conference;
 The Foundation supported
 The Psychologically Healthy
 Workplace Conference
 sponsored by Desjardins
 Financial Security



Diversity in Action Scarborough: Adapting Mental Health Services for Newcomer Families

Diversity in Action: Adapting Mental Health Services for Newcomer Families is a pilot project intended to deal with the mental health needs of newcomer groups in Scarborough, home to the largest number of new immigrants to Toronto. The aim of this project is not only to connect newcomers to the agencies that deliver traditional mental health services, but to work with representatives of the relevant ethno-cultural groups to develop new approaches that will enhance the ability of service providers to help newcomer children and families. The partners of this effort include The Psychology Foundation of Canada and a number of agencies that provide support and services to newcomers to Scarborough in a variety of areas, including health and mental health, child and family support and education.

Program Sponsors



TD Canada Trust Charity Golf Tournament and
 community partners

Program Committee

Anne W. Dupré (<i>Chair</i>)	
Dr. Fredric Weizmann (<i>Co-chair</i>)	
Sandy Birnie	Jane Kenny
Dr. Jennifer Connolly	Dr. Anne Mellers
Beth Fraser	Leigh Moore
Claire Fainer	Huma Nauman
Don Hepburn	Alan Nickell
Betty Kashima	Thao Nguyen

Volunteers Participated at Conferences and Workshops

- Ontario Psychological Association Conference
- Psychologically Healthy Workplace Conference – The Foundation supported The Ontario Psychological Association’s conference in Toronto with the support of Desjardins Financial Security
- Mental Health Week – TD Bank Financial Group featured *KHST!*® at a Toronto elementary school and on their intranet to reach employees across Canada
- The Learning Partnership Conference – presented programs to groups of social service providers and educators



Treasurer Karen Buck (TD Bank Financial Group) uses the KHST! Program with children at Clinton Street Public School during Mental Health Week

Thank You

The Annual Breakfast

More than 240 guests attended the Annual Breakfast with Master of Ceremonies CTV News Anchor Christine Bentley to hear Workplace and Organizational Psychologist Dr. Sharyn Salsberg Ezrin share her insights on transitions we all face at home and at work. She provided suggestions on how to bring meaning and purpose to how we live and work.

The Foundation wishes to thank the sponsors of the Annual Breakfast.

Proceeds from the Breakfast support Foundation programs and projects.

Presenting Sponsor

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RBC Insurance
Signature Business Centres (St. Clair) Inc.
TD Bank Financial Group

Good-bye and Thank You to:

Trustees Dr. Mark Frankel, Burke Doran,
Dr. Ed Blackstock

Former Trustee and *KHST!*[®] Committee Chair Vicki Lazier

Foundation Administrator Pauline Evangelopoulos, *KHST!* staff
Denny Crone and Fran Fearnley, *Parenting for Life* Consultant
Dina Vardouniotis

Corporate Donations

AGF Management
Azerili Foundation
The Henry White Kinnear Foundation
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Daniel Andrae
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Anne Dupré
Dr. Mark Frankel
Judy & Ken Hills
Dr. Nina Josefowitz
Dr. Karen Katchen
Dr. Anne Mellers & Dr. Fredric Weizmann
The Mindszenty & Roberts Corp.
Suzanne Park
Harriet Stairs
Soberman LLP

Individual Donations

Karen Buck
Claire McDerment
Dr. Steven Stein

Financial Overview

THE PSYCHOLOGY FOUNDATION OF CANADA STATEMENT OF FINANCIAL POSITION

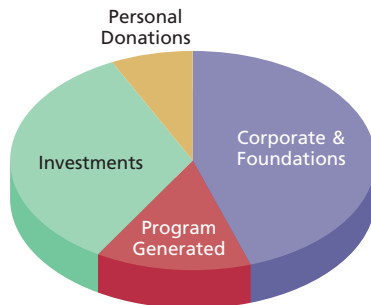
At December 31

2006

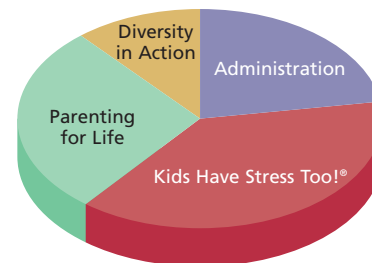
2005

	General Funds			Restricted Funds		2006	2005
	Operating	Kids Have Stress Too!	Diversity in Action Scarborough	Jackman	Parenting for Life		
CURRENT ASSETS							
Cash and short term deposits	\$ 69,249	\$ 74,137	\$ 48,639	\$ 8,627	\$ 66,069	\$ 266,721	\$ 306,958
Accounts receivable	10,000	534	-	5,005	579	16,118	24,042
Interfund receivable	-	-	-	15,955	-	15,955	39,533
Prepaid expenses and sundry	5,341	-	-	-	-	5,341	4,615
Deferred costs	-	9,403	-	-	-	9,403	16,247
Investment in marketable securities (market value - \$830,336; 2005 - \$768,793)	-	-	-	591,471	-	591,471	558,340
	\$ 84,590	\$ 84,074	\$ 48,639	\$ 621,058	\$ 66,648	\$ 905,009	\$ 949,735
CURRENT LIABILITIES							
Accounts payable and accrued charges	\$ 10,769	-	\$ 5,000	-	-	\$ 15,769	\$ 45,541
Interfund payable	15,955	-	-	-	-	15,955	39,533
	26,724	-	5,000	-	-	31,724	85,074
NET ASSETS							
General and restricted funds	57,866	84,074	43,639	621,058	66,648	873,285	864,661
	\$ 84,590	\$ 84,074	\$ 48,639	\$ 621,058	\$ 66,648	\$ 905,009	\$ 949,735

SOURCES OF REVENUE



EXPENDITURES



www.psychologyfoundation.org

www.kidshavestresstoo.org

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