

CONFIDENT KIDS, PRODUCTIVE ADULTS



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA



ANNUAL REPORT

2016 / 17

OUR MISSION

CONFIDENT KIDS, PRODUCTIVE ADULTS

The Psychology Foundation of Canada applies the best psychological knowledge to create practical programs helping children become confident, and productive adults. Our programs and resources are delivered through multiple channels and diverse partnerships across Canada.

“An ounce of prevention is worth a pound of cure”. The Psychology Foundation of Canada is a national charitable organization whose focus is on mental health promotion — creating and providing prevention programs that are used across Canada in the education, social service, health and business sectors. Our suite of research-based and evaluated programs support parents and those working with children through the challenges spanning the developmental stages from birth to adulthood and teach coping skills to last a lifetime.

Program committees work to address the overall goals of the organization by identifying emerging social issues, the needs of parents and professionals who work with children and developing programs and resources for their use. The *Connections for Life* Committee uses the research and knowledge of psychologists with expertise in attachment from infancy to teens to focus on the parent-child relationships as a key foundation of psychological well-being. The *Kids Have Stress Too!* Committee addresses childhood stress and provides tools to help children and youth build resiliency skills to last a lifetime. The Workplace Committee develops tools for adults, using the workplace as a venue to disseminate messages and resources to help people manage stress and cope with the inevitable “bumps in life”.



“

Relationships
not things
make brighter
children.



Our programs and resources are delivered through multiple channels and diverse partnerships across Canada.

A SUCCESSFUL YEAR!



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA

Make the Connection: 0-3 Programs

- Research by Queens University and Toronto Public Health
- Program updates for indigenous and newcomer communities

BY THE #s

4,000 Parenting Tips Sheets
downloads



Make the Connection impacted
3,000 families



Parenting booklets distributed to
professionals **5,000 times**

Stress Lessons: G9-12 Programs

- New resource: Stress Lessons: Tools for Resiliency (Grades 9 -12)

KHST! Programs: Preschool - G8

- Quebec daycares trained on KHST!
- KHST! #1 requested program with Alberta Parent Link Centres
- Girl Guides of Canada partnership

BY THE #s

300
Quebec childcare
educators

2
New Master Trainers

12,000+
New Teachers

19
New Trainers



Workforce

- French website launched

BY THE #s

12,000 annual users

4,000+ French users

71% are returning users



Indigenous and newcomer families

- Adapted resources for newcomer and indigenous community
- ONECA partnership
- Matawa Conference

BY THE #s

14

workshops

CONTENTS

MESSAGE

- 6 From our Founding Chair
- 7 From our President

IMPACT

- 8 Connections for Life
- 10 Kids Have Stress Too!@
- 12 NEW Stress Lessons: Tools for Resiliency
- 14 Pathways to Resiliency
- 16 Stress Strategies – Workplace Mental Health
- 18 National and community

FEATURE

- 20 Words of Praise

COMMUNITY

- 22 PFC – CPA Awards
PFC Awards
PFC receives awards
- 23 Conferences and Events
- 24 Breakfast for Champions

TRIBUTES

- 26 Volunteers, sponsors, donors
Board of Trustees and committees
- 29 Financial Overview

FROM THE FOUNDING CHAIR

The Psychology Foundation of Canada works to realize the vision of a psychologically healthy Canada. In fact, we'd like to help make Canada the healthiest country in the world. As a national organization we create practical programs to help children thrive and become confident, and productive adults. We help children establish the essential building blocks for healthy, happy futures. We give parents, teachers and caregivers strategies to build children's resiliency skills to deal with the everyday stresses of life that affect learning and health.

Throughout our history, we have had a strong team of trustees, volunteers and partners who share their time and expertise monitoring community needs, and identifying emerging social changes affecting the mental health of Canadians. We thank them for their tremendous help. Our success is due to their commitment to provide creative and effective programs.

We also thank our thousands of delivery partners who reach Canadians in their local communities everywhere.

We are one of a few organizations focused on enhancing mental wellness from birth onwards. We have taken strides with innovation and are expanding our existing programs across Canada. We reach out to educators, social service, health professionals and others in the community to join us as partners in these initiatives.

We are greatly indebted to the many corporations, foundations, government organizations and individuals who contribute resources and funds to keep The Foundation moving forward. We thank you all for making our work so successful, promoting the mental fitness of Canadians everywhere.

We are proud to share our extraordinary researchers and experts with those from the education, health, government and social service sectors who share our conviction. We believe it is crucial to start early in life to promote healthy infant and child development and thereby create the healthy habits that last a lifetime. Healthy children grow up to be healthy, happy and productive adults. They make for a healthy society.

On behalf of the Psychology Foundation of Canada, we would like to extend a sincere thank you to all our sponsors, supporters and volunteers for their commitment to the wellbeing of our children and families.




Dr. Eric Jackman
FOUNDING CHAIR

FROM THE PRESIDENT

During 2016-2017 The Psychology Foundation of Canada has continued to expand its work: building community capacity and delivering tools to help children thrive to become confident and productive adults.

A recent publication from The Harvard Center on the Developing Child confirmed that the three principles that form the basis of our mission and programs are aligned with the three keys to improving outcomes for children and families: supporting responsive relationships, strengthening core life skills and reducing sources of stress. The evaluations of our programs by Ryerson, McGill, Queens/Toronto Public Health and York Region Public Health confirm that our programs work. Through these programs, we change lives.

We have been particularly proud of the work done over the last couple of years with Indigenous and newcomer communities. In Ontario, this work has been supported by the Ontario Trillium Foundation which has allowed us to adapt our *Kids Have Stress Too!* and *Make the Connection* programs to these communities. A gift from the Howard Webster Foundation supports our work in the Atlantic region while The Horner Foundation funds us for our outreach to youth serving organizations in British Columbia. Not only have we identified and trained community members to help us with the delivery in their communities, but we have benefitted from the help of foreign trained psychology professionals who have translated our tip sheets into 13 languages for distribution across Canada.

We have continued to create and maintain a strong web presence and our resources continue to be available for download, often free of charge. Since its launch almost two years ago, more than 30,000 individuals from 39 countries have accessed our *Stress Strategies* on line tool which this year was updated and translated into French. Perhaps because of our online presence, we recently have had enquiries for delivery of our programs in France, the UK and Australia and we are exploring doing that with the aid both of technology and local champions in the year to come. We are about to launch the expansion of our school programs with *Stress Lessons: Tools for Resiliency* (grades 9-12, ages 12 – 19). This resource package full of psychologically sound methods and strategies is designed to help teens develop resilience. With components for teachers, educational partners, parents and caregivers, it provides a comprehensive approach to supporting the development of positive stress management, problem solving and coping techniques in teens.

Relationships with other organizations are part of our strength. The 7,000 members of The Canadian Psychological Association are now closer members of our "extended family" and we were pleased to work with them in administering and adjudicating awards funded from money the association en-



Harriet Lewis
PRESIDENT

trusted to us two years ago. This year the awards were given to the Thames Valley District School Board and the Kindercare Pediatric Centre for Innovative Service. Our relationship with Girl Guides of Canada continues through our role as content partner for the mental wellness "challenge" they have implemented throughout the organization.

We were honoured to be recognized this year by an Award of Merit from the Ontario Psychological Association, and the Excellence in Partnership Award from the Learning Partnership.

All of this work continues notwithstanding the changing environment for not-for-profits in Canada. We are grateful for the success we have had in securing corporate sponsorships and grants from private philanthropic foundations without whom we could not continue our work. Notwithstanding, we also continue to rely on our annual breakfast and our many individual friends for their ongoing support. Thank you all.

Our acknowledgement and thanks also to our Executive Director Judy Hills and her strong and dedicated team (recently supplemented by a Director of Marketing and Development). They are the backbone of our work and their expert hands conduct and support everything we do.

The Foundation is fortunate and grateful to have many devoted supporters, volunteers and community partners who add to our strength. Among them are members of our program committees, our Advisory Board of leading Canadian psychologists, and my fellow members of the Board of Trustees all of whom support our mission with their time, their expertise, and their financial support. Their trust, confidence and strong belief in our mission makes possible all that we do.



CONNECTIONS FOR LIFE

Parenting matters! The parent-child relationship is the foundation for all areas of child development – it's the template for all future relationships and prepares children for independence and becoming productive members of society.

A secure relationship is the greatest gift a parent can give a child.

The *First Three Years – Make the Connection* program equips parents with skills to understand and respond consistently to the feelings behind their baby's behaviour during the critical first three years. *Parenting for Life* materials promote healthy attachment relationships during childhood, preteen and teen years. Together these programs ensure parents show their child, through their responses, that close family relationships are valuable, predictable, safe, and readily attainable. The Psychology Foundation (PFC) trains professionals in community agencies and organizations across Canada who make sure our important messages reach thousands of parents and their children annually.

PFC's parenting programs and materials have particular relevance for many marginalized families, including indigenous, whose history of disrupted parenting is well documented as well as newcomer families, who often face poverty and isolation. For this reason, we continue to collaborate with professionals in these communities and exchange our information and experience.



PARENTING
FOR LIFE

“For children, responsive relationships with adults have a double benefit – both promoting healthy brain development and providing the buffering protection needed to prevent very challenging experiences from producing a toxic stress response.”

Center on the Developing Child at Harvard University, 2017

A secure relationship is the greatest gift a parent can give a child.

HIGHLIGHTS

- *Make the Connection* research, completed in 2017, showed parents who attend MTC demonstrate statistically significant differences in parent-infant attachment. The research has been presented at a number of national conferences across Canada and submitted to the Journal of Reproductive and Infant Psychology.
- *Make the Connection* 0-3 continues to be refined and adapted for indigenous and newcomer families incorporating a mentor role to support the delivery and adaptation of the program.
- *Make the Connection* 0-1, last published in 2009, has been revised to include the most current research on attachment and brain development.
- “Starting the Connection.” *Make the Connection* prenatal sessions are in the development and testing stage. Highlighting the important work of VERNY T., 2002, LIEBERMAN A., and VAN HORNE P., 2008, the overall goals of these sessions are to help expectant parents and caregivers learn about the importance of attachment and what they can do during pregnancy to strengthen their capacity to be a secure base for the new baby.
- Parenting Preteen tip sheets in 9 languages provide helpful information for parents on how to maintain a healthy relationship with their preteens as they transition to the teen years. The tip sheets have been accessed over 4000 times this year.
- *Make the Connection* programs, available since 2003, are delivered to more than 3000 families across Canada annually – Toronto Public Health delivering the program to over 500 families each year.
- Parenting booklets covering diverse topics such as the importance of play, promoting resilience, and connecting with teens are distributed annually to our database of over 5000 professionals who work with children and youth in early years and educational settings.



“It’s time to promote and advocate for baby development! A parent’s job is not a teacher. The first year is for attachment!”

Principal, Metepenagiag FN School, New Brunswick

PROGRAM SPONSORS/ FUNDERS



Kopas Family Foundation





Kids Have Stress Too!® (KHST!) is a universal primary prevention program to provide parents, caregivers and professionals with the awareness, knowledge and skills to help children become more resilient and healthier by learning to manage their stress. The programs help parents and those working with children to better understand childhood stress and how to provide children with age appropriate tools to help them deal with stress effectively.



Above, clockwise: Vancouver training, Award presentation, BC School Counsellors Association article.

HIGHLIGHTS

Workshops

- Quebec daycare educators are being provided with preschool KHST! workshops.
- KHST! reaching new audience in Quebec through Portage, an organization helping people suffering from substance abuse-related problems.
- 51 schools, 55 KHST! workshops and 40 Stress Lessons workshops delivered by Public Health Nurses in York Region, 223 teachers trained, 1537 students participated in the workshops delivered.
- Military Family Resource Centre integrated KHST! in to their Children's Deployment Workshops revision process.
- Alberta Health Services sponsored web-cast featuring our school aged programs ("Mental Health Online Resources for Educators").

New Trainers

- 300 Quebec childhood educators had the KHST! preschool program training.
- 2 new Master Trainers (1 in Alberta, 1 in British Columbia).
- 19 new Trainers (2 in Quebec, 10 in Alberta, 7 in British Columbia).

Partnership

- Girl Guides sought out our expertise and guidance with KHST! in support and development of their new "Mighty Minds" Challenge.
- Partnered with Learning Partnership and Scarborough agencies to support their Men Raising the Next Generation program.
- Received funding for KHST! capacity development with youth serving professionals in the greater Victoria area/BC.



**#1 MOST
REQUESTED
PROGRAMS
AMONG STAFF
WHO WORK
IN ALBERTA'S
PARENT LINK
CENTRES**

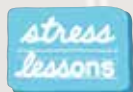
PROGRAM SPONSORS

Lead Sponsor



JACKMAN FOUNDATION





Let's learn
how to deal
with stress.

NEW STRESS LESSONS: TOOLS FOR RESILIENCY (GRADES 9-12)

Helping students thrive!

Stress Lessons: Tools for Resiliency is a resource package full of psychologically sound methods and strategies designed to help teens develop resiliency. With components for teachers, educational partners, parents and caregivers, it provides a comprehensive approach to supporting the development of positive stress management, problem solving and coping techniques in teens.

This new resource features:

- Five curriculum linked stress lessons
- Student-led culminating event: Stress Conference
- Tools and resources for counsellors and administrators
- At-home resources: Parent/Caregiver Tip Sheets



**STAY TUNED FOR
FULL PROGRAM
LAUNCH IN
EARLY 2018**



“Stress Lessons: Tools for Resiliency provides teens and teachers the opportunity for dialogue and learning, and to promote well-being that is directly tied to curriculum.”

Chief Psychologist and Mental Health Lead Kawartha Pine Ridge District School Board

“I forwarded your information and DRAFT materials to our Director of Education and the Mental Health Lead in our school board (London District Catholic School Board.) They are quite impressed with and excited by the materials!”

Trustee, London District Catholic School Board

HIGHLIGHTS

Program successfully piloted:

- Leadership Lab run by Trinity Theatre Group which brought together student leaders across the Greater Toronto Area
- Kawartha Pine Ridge District School Board

PROGRAM SPONSORS



JACKMAN FOUNDATION

PATHWAYS TO RESILIENCY

The Psychology Foundation of Canada received a 3-year grant from the Ontario Trillium Foundation to grow our existing *Kids Have Stress Too!* (KHST!) and *Make the Connection* (MTC) programs to reach more indigenous and newcomer families in Ontario. The overall objective of the “Pathways to Resiliency” project is to support the positive development of children and youth by reaching parents, caregivers and others working with children to provide them with the tools to help their children to get off to the best start possible and equip them to build their resiliency skills to last a lifetime.

“This training is **ESSENTIAL** for all First Nations’ schools”

Workshop participant from Matawa Education

The project is using a “train the trainer” model, combined with mentoring and online support, to build capacity in indigenous and newcomer communities. We are working with early years professionals, teachers, social workers and others who support parents to provide tools and strategies that will help them foster and enhance children’s mental health. Both programs have long histories of being shared with and used within indigenous and newcomer communities, and learning from past trainings and mentoring activities will inform the implementation of the current project. We are working with local partners to ensure that the content and approach reflect the history, culture and needs of both indigenous and newcomer families to address the unique challenges they face. Our goal is to build capacity by providing training and support to local community leaders and program champions who will sustain the programs.



Newcomer and Indigenous community training sessions.

Our goal is to build capacity by providing training and support to local community leaders and program champions who will sustain the programs.

HIGHLIGHTS

- Adapted MTC and KHST! training to be more relevant for newcomer and indigenous communities.
- Conducted 14 workshops and trainings in newcomer and indigenous communities, in collaboration with local mentors.
- Ontario Native Education Counsellors Association (ONECA) conferences: presented a workshop.
- Presented at Matawa Education Conference.



“We are going to start asking parents to stay with their children for some MTC teaching and to learn some songs + rhymes instead of just dropping their children off and leaving”

Participant attending joint MTC/KHST! training in remote Northern Ontario community

PROGRAM SPONSOR





Stress Strategies is a free online resource to help Canadians build the resiliency to effectively manage stress. With support from Pfizer Canada and Great-West Life Assurance Company and the GWL Centre for Mental Health in the Workplace, Stress Strategies empowers users to explore the sources of their stress and develop their own customized plan for managing the stressor.



HIGHLIGHTS

12,000 Annual active users

4,000+ French language active users

- Launched Strategiessurlstress.ca – a francophone ‘sister’ to www.stressstrategies.ca
- Majority of visitors from U.S., followed by Canada

“

[Stress Strategies]... think it is remarkable in many ways. The introductory video, in particular, presented a well organized and comprehensive overview. It started by normalizing stress, linking the experience of stress to the brain, pointing out the important distinction between adaptive and maladaptive stress, the need to manage stress, and the availability of stress strategies.

PROGRAM SPONSORS

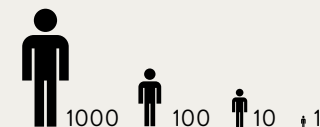


PFC'S TRAINERS AND FACILITATORS ACROSS CANADA 2008-2017

National expansion supported by



LEGEND



- Kids Have Stress Too! Preschool and Parent
- Kids Have Stress Too! Grade 1-3, 7-9 & Stress Lessons
- First Three Years - Make The Connection

PFC BY THE #s

10,000+

Number of social service agencies registered in PFC database

14,526

Number of people who attended workshops for Kids Have Stress Too!® Program

2,245+

number of Kids Have Stress Too!® downloaded since 2015

2M

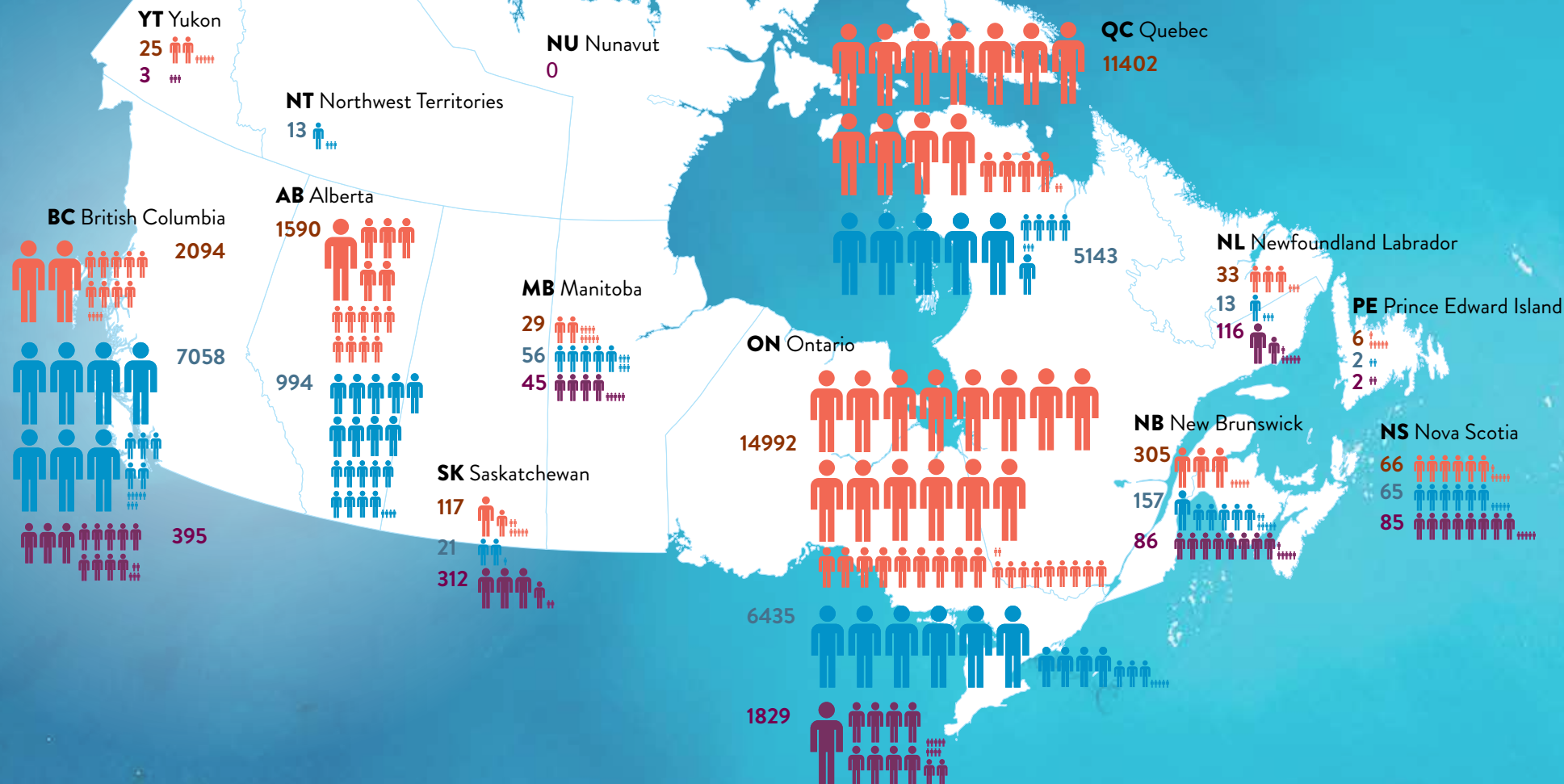
Number of Parenting For Life booklets and tip sheets distributed across Canada

34,000+

Number of Stress Lessons Guides distributed across Canada

20,000+

users of stress strategies



WORDS OF PRAISE

“I enjoyed listening. It opened my eyes especially for my own parenting. I learned tools to help my students express emotions”

“MTC training taught me relationships are more important than anything else. All learning is facilitated through a strong bond.”



“I learned how attachment lays the foundation of how/what the child will grow up to be.”

“I feel comfortable enough to use & show others (co-workers) how to use this program. Can't wait to use it with my moms.”

“I learned different types of stress and how to be aware of my own feelings and how that can affect my students”

“I learned that not only adults and teenagers can have stress, I learned signs to look for. How to be able to spot a stressed out kid.”

“I am going to give some of the toolbox activity sheets to parents when they bring the children for their dental appointment”

“I am getting better at recognizing the expressions and feelings of my children”

“I learned tools to help my students express their emotions”

“I am excited to use this information with my clients in the Detox center, and it will also benefit their children”

“I feel I could use MTC with my Home Visit and Baby & Me play group comfortably. I think my families will all benefit from it.”



“I learned how to help manage kids stress and technique tips to help them.”

Les enfants de ma classe aiment tellement les activités du programme NEES qu'ils me demandent de les refaire.

“

I am excited to start using this information and materials in my programs but I will also use it with my own children and relatives.



“I'm happy to report that ALL of the Kids Have Stress Too! sessions held at Westcoast Family Centres have been completely full to the brim! In fact, we keep a waiting list for each session and inform people whenever we get additional funding to run the workshops. The information is really helpful and both parents and professional caregivers appreciate the practical strategies and handouts. As a counsellor I really like getting this kind of information out to the community at a preventative level. I have also made use of the online resources with individual clients and families. Thanks for making this information so accessible!”

“Stress Strategies is a great addition to one's toolbox. Its focus on encouraging reflection and exploration of a variety of stress management strategies will be very helpful, so too its focus on fostering resiliency and promoting mental health.”

“The material helps students understand the brain and physiological responses to stressors, and also helps them understand their own triggers and how to begin the process of calming during stressful times.”

“Kids are very responsive and love it! They use the strategies in everyday life.”

“The new training with Charlene Tomah was really helpful. She trained us on how to conduct a home-visit. As Aboriginal people, this the best way that we learn. We are shown how to do something; then we feel more confident to do the activities on our own.”

Ils ont demandé d'avoir des tapis dans la classe pour faire des exercices de relaxation.

Lorsque les élèves font des activités du programme NEES, ils sont plus disposés à travailler.

Suite aux activités du programme NEES, il est plus facile de gérer la classe.



AWARDS

PFC-CPA AWARDS

The Psychology Foundation of Canada became the new home of the Canadian Psychological Association Foundation in 2015 and now administers the awards and grants program.

DR. MARY J. WRIGHT AWARD

Each year the History and Philosophy Section of the Canadian Psychological Association reviews the papers presented by students at the annual CPA convention. The adjudicators attended the talks, reviewed and evaluated them based on a set of criteria.

Congratulations to the 2017 winner: Susannah Mulvale (York University) for her paper entitled "Merleau-Ponty on Embodiment: Implications for Psychology"

DR. BEA WICKETT AWARD

Dr. Bea Wickett would be pleased to know that her work to advance education by developing and providing programs to enhance self-esteem, address emotional needs and stresses and provide confidence-building skills can be made possible and is her gift to promoting mental health in elementary and secondary school systems.

Congratulations to: Dr. Barbara Richardson and her colleagues in Psychological Services, Thames Valley District School Board, London, ON to implement a Self-Regulation Education Program at B. Davidson Secondary School in London.

INNOVATIVE ACCESS TO PSYCHOLOGICAL SERVICES AWARD

This award supports the innovation and excellence of programs and services that deliver psychological services. Congratulations to Dr. Mirisse Foroughe, Kindercare Pediatrics, Toronto, for the project titled *Emotion-Focused Family Therapy – Increasing Access to Intervention for Youth Mental Health Difficulties*.

PFC AWARDS

As a volunteer driven organization, we appreciate the dedication of our partners and supporters and would like to acknowledge the following recipients for their outstanding commitment:

COMMUNITY PARTNERSHIP AWARD:

- Kawartha Pine Ridge District School Board
- Claude Painter – British Columbia
- Jan Blaxall and Janet Foster – London, Ontario
- Patricia Marra- Stapleton- Toronto Catholic District School Board
- Toronto Public Health

CORPORATE AWARD:

CIBC Children's Foundation

MEDIA AWARD:

Globe and Mail

PFC RECEIVES AWARDS

PFC had the honoring of receiving the following awards:

OPA Award of Merit from the Section on Psychology in Education at the 2017 Dorothy Hill Symposium

Learning Partnership's Excellence in Partnership Award as part of the Steering Committee for the project *Dads raising the Next Generation*

WE'RE OUT THERE...

Presentations, workshops and attendance at conferences provide the opportunity to promote programs and raise awareness about PFC and its mandate. This past year, staff and volunteers participated at:

- Early Years and Best Start Conferences
- Early Childhood Educator's Conferences & Aboriginal Conferences - British Columbia, Alberta, Ontario, Québec, New Brunswick, Nova Scotia, Newfoundland
- Every Child Belongs - B.C.
- Expanding Horizons - Infant Mental Health
- Canadian Mental Health Association National Conference
- Canadian Centre on Substance Abuse and Addiction - national conference in Calgary
- Shaping the Future - Alberta
- The Canadian Psychological Association Conference
- Human Resources Professional Associations
- ERD I- Directors of Education from across Canada
- School Guidance Counsellors - British Columbia, Alberta, Ontario, Québec
- Umbrella Daycare Services, Joy of Childhood - Ontario
- First Nations Communities - British Columbia, Alberta, Ontario and New Brunswick, Nova Scotia, Labrador
- Workplace Healthy Living Wellness Fairs
- FQDE -School Directors - Québec
- Brain Development & Learning Conference & ECEBC - Vancouver
- Bridging the Gap - Victoria
- Family Resource Programs Canada- national and provincial
- Military Family Resource Centres- national
- Mental Health Week activities
- Ontario Healthy Schools Coalition & Canadian Association for School Health
- ONECA- Ontario Native Education Counsellors Association
- Children's Mental Health Ontario
- Brain Development - B.C.
- School Board/District conferences and professional development days
- Québec association of learning disabilities
- Association des enseignants du primaire
- Daycare educators in Aboriginal communities - Québec
- Boys & Girls Clubs of Canada national conference
- Dorothy Hill Symposium
- PHE Canada Healthy Schools Conference - Ottawa
- OPHEA Conference
- CESBA Conference
- Partnerships with Public Health to deliver programs



CMHO Conference.

12TH ANNUAL BREAKFAST FOR CHAMPIONS



THANK YOU TO OUR GENEROUS 2016 SPONSORS

PRESENTING SPONSOR



PATRON SPONSORS

Dr. Dan Andreae



JACKMAN FOUNDATION

GOLD SPONSORS



IN THE BUSINESS OF YOUR SUCCESSSM



What are you doing after work?



Leanne and George Lewis



SILVER SPONSORS



CORPORATE FRIENDS

CIBC
Multi-Health Systems Inc.
Ryerson University
York University
University of Guelph Humber

INDIVIDUAL TABLE SPONSORS

Adler Graduate Professional School Inc.
Dr. Robin Alter (2)
Cathy Backman & Mike Williams
Dr. Eric Jackman Institute of Child Studies
Ken & Judy Hills
Harriet Lewis (2)
McCarthy Tétrault
Claire McDerment
Ontario Psychological Association

Dr. Zofia Radziuk
Nancy Shepherd
Harriet Stairs

THANK YOU

Thank you to our many volunteers, sponsors and donors for your generous support in helping children become confident, productive adults.

PATRON

Her Excellency Sharon Johnston, C.C.

HONORARY ADVISORY COUNCIL

Charles S. Coffey O.C., LL.D.
Chaviva Hošek O.C., Ph.D., LL.D.
Margaret N. McCain O.C., LL.D.
Harriet H. Stairs B.A.
Michael H. Wilson P.C., C.C., LL.D.

BOARD OF TRUSTEES

Executive Committee

Founding Chair

Eric Jackman C.M., Ph.D., LL.D., D.Sc.

President

Harriet Lewis B.A., M.A., LL.B.

Vice President

Mark L.D. Smith M.B.A., Ph.D.

Vice President:

Dr. Dan Andreae (until June 2017)

Past President

Cathy Backman M.B.A.

Treasurer

Nancy Shepherd CPA, CA.

Chair – External Relations

Mary Lou Gossage B.A.

Professional Advisory Council

Chair, Steven Stein Ph.D., C.Psych

TRUSTEES

Robin Alter (to June 2017) Ph.D, C.Psych
Dan Andreae MSW, RSW, EdD, DSc., LL.D, OMC, Ph.D.
Yvonne Bohr Ph.D., C.Psych
Julaine Brent Ph.D.
Liane Davey Ph.D.
David Danto M.A., Ph.D.
David Day Ph.D., C. Psych.
Louise Hartley Ph.D., C.Psych
Nasreen Khatri Ph.D., C.Psych
Leanne Lewis B.A.
Kelly E. McShane Ph.D., C. Psych, CE
Cheryl Pohlman Ph.D., C.Psych
Georgia Rennick BA, B.Ed
Harvey Skinner Ph.D, C.Psych, FCAS

PAST PRESIDENT

Reva A. Gerstein C.C., O.Ont., LL.D., D.Litt., Ph.D., C. Psych.

PROFESSIONAL ADVISORY COUNCIL

John Arnett Ph.D., C. Psych, MB
Peter Bashew Hotz Ph.D. B.C.
Ester Cole Ph.D., C.Psych ON
Jennifer Connolly Ph.D. C.Psych ON
Janel G. Gauthier Ph.D. QC
Thomas Hadjistavropoulos Ph.D. SK
Fred Horsley Ph.D. NB
Gerard M. Kysela Ph.D. NB
Troy Janzen Ph.D. R.Psych AB
Adam McCrimmon Ph.D. AB
David Mykota Ph.D. SK
Pierre Ritchie Ph.D.ON
Abe Ross Ph.D.Nfld
Donald H. Saklofske Ph.D.MB

FUNDRAISING, MARKETING AND GOVERNMENT RELATIONS COMMITTEES

Cathy Backman (Chair)
Dr. Robin Alter
Dr. Dan Andreae
Dr. Julaine Brent
Mary Lou Gossage
Dr. Louise Hartley
Dr. Eric Jackman
Deborah Legrove
Harriet Lewis
Marilyn Mirabelli
Mark Pardatscher
Suzanne Park
Joanne Rider
Nancy Shepherd
Dr. Mark Smith
Anita Springate- Renaud
Harriet Stairs

FINANCE /AUDIT COMMITTEE

Nancy Shepherd (Chair)
Cathy Backman
Dr. Eric Jackman
Harriet Lewis

GOVERNANCE COMMITTEE

Harriet Lewis (Chair)
Cathy Backman

AWARDS COMMITTEE

Anne W. Dupré (Chair)
Dr. Eric Jackman
Harriet Stairs
Dr. Steven Stein

PFC CPA AWARDS SUB-COMMITTEE

Dr. Cheryl Pohlman (Chair)
Dr. Anna-Beth Doyle
Dr. Timothy Hogan
Dr. Zhipeng Gao
David Louise Hartley
Dr. Nasreen Khatri
Richard Hohn
Dr. Yvonne Bohr

NOMINATING COMMITTEE

Cathy Backman (Chair)
Dr. Eric Jackman
Harriet Lewis
Dr. Steven Stein

MASTER TRAINERS

Lori Albert (SK)
Diana Ansah (ON)
Jan Blaxall (ON)
Tracy Bridges (AB)
Cindy Da Costa (ON)
Judy Ferguson (ON)
Sue Foisy (BC)
Janet Foster (ON)
Gillian Freimanis (AU)
Angela Hill (AB)
Dr. Annie Lamonde (ON, QC)
Jill Levine (ON)
Terryann McCurry (SK)
Tia Morris (Nfld)
Anne Murray (ON)
Jeff O'Neill (Atlantic)
Claude Painter (BC)
Line Perron (AB)
Jan Ranson (MB)
Diane Ricard
Dr. Linda Scott (BC)
Kate Scrafield (ON)
Francine Tellier (QC)
Brooke Serpell (AU)
Mary Stewart (AB,BC)
Claire Watson (ON)

STAFF

Executive Director

Judith Hills B.A.

Director Marketing and Development

Anne Lovegrove B.A.

Fundraising, Marketing,

Communications Assistant

Katherine Ihl B.A.

Program Manager,

Make the Connection, Parenting for Life

Barbara MacKay Ward M.Ed.

Program Assistant

Becky Sussman B.A

Regional Consultant, Western Canada

Cindy Andrew B.P.E., B.Ed.

Regional Consultant, Québec

Paule Giguère B.Sc.

Regional Consultant, Atlantic Canada

Margie Fowler

Program Manager

Catherine Willinsky M.A.

Lead Trainer KHST!

Anne Murray M.Ed.

Lead Trainer MTC

Claire Watson M.Sc., R.P.

CONNECTION FOR LIFE PROGRAM STEERING COMMITTEE

Dr. Julaine Brent (Chair)
Dr. Ester Cole
Cindy DaCosta
Mary Lou Gossage
Brittany Jamieson
Elizabeth Morley
Tami Smith
Beatrice Traub-Werner
Alison Benedict
Patrycja Czapinski
Dr. Yvonne Bohr
Rima Sehgal
Mary Stewart

KIDS HAVE STRESS TOO! STEERING COMMITTEE

Includes NEW Stress Lessons: Tools for Resiliency

Dr. Robin Alter (Chair)
Claire McDerment (Co-Chair)
Irene Bevc
Anne Dupré
Judy Ferguson
Phyllis Kornder
Jacqui Latham
Dr. Leslie Walberg-Hegan
Dr. Deanna Swift

WORKPLACE (STRESS STRATEGIES) STEERING COMMITTEE

Dr. Louise Hartley (Chair)
Dr. Liane Davey
Nancy DuBois
Dr. Nasreen Khatri
Dana Mandowsky
Suzanne Park
Georgia Rennick
Don Smith

TRILLIUM STEERING COMMITTEE

Dr. Robin Alter
Alison Benedict
Dr. Julaine Brent
Dr. David Danto
Roxanne Maniowabi
Elizabeth Morley

We say a fond farewell to three retiring board members:



Dr. Robin Alter

Dr. Robin Alter has been a Trustee since 2007. As a member of our Parenting for Life Committee, and co-chair of our Kids Have Stress Too! Committee, Robin co-led (with Claire McDerment) the development of our Stress Lessons family of programs. She worked closely with our sponsors, TD and Pfizer, and promoted Stress Lessons across Canada. We are grateful that Robin will stay on to co-chair KHST!



Dr. Dan Andreae

Dr. Dan Andreae, an award-winning academic is a Founding Trustee of The Psychology Foundation of Canada. He has served in a number of roles, most recently as Vice President, and received the inaugural 40th Anniversary Award for his exemplary leadership and extraordinary support. We are grateful that Dan will continue to be an advisor and advocate for mental health.



Anne Dupré

Anne Dupré is this year's recipient of our Outstanding Contributions Award. She has served the PFC since 2004 in various capacities: as a board member, trustee, and chair of our Governance, Diversity in Action and 40th Anniversary Awards Committees! Anne's strategic thinking has helped us to expand the reach of our Kids Have Stress Too! programs and strengthened our ability to provide resources for teachers and social service agencies.

FINANCIAL OVERVIEW

STATEMENT OF FINANCIAL POSITION AS AT DECEMBER 31

	2016			2015		
	General Funds	Jackman & Endowment Funds	Total	General Funds	Jackman & Endowment Funds	Total
ASSETS						
Cash and short-term deposits	\$85,048	\$ -	\$85,048	\$6,034	\$ -	\$6,034
Accounts receivable	79,601	1,428	81,029	73,128	3,302	76,430
Interfund receivable	15,442	-	15,442	22,931	-	22,931
Prepaid expenses	13,942	-	13,942	15,621	-	15,621
Booklets inventory	86,632	-	86,632	75,861	-	75,861
	280,665	1,428	282,093	193,575	3,302	196,877
Guaranteed investment certificate	-	10,452	10,452	-	10,015	10,015
Marketable securities	-	1,157,730	1,157,730	-	1,058,409	1,058,409
	\$280,665	\$1,169,610	\$1,450,275	\$193,575	\$1,071,726	\$1,265,301

LIABILITIES

Accounts payable & accrued liabilities	\$44,523	\$ -	\$44,523	\$46,954	\$ -	\$46,954
Interfund payable	-	15,442	15,442	100	22,831	22,931
Deferred revenue	198,975	-	198,975	10,000	-	10,000
	243,498	15,442	258,940	57,054	22,831	79,885

NET ASSETS

Externally restricted	-	1,154,168	1,154,168	-	1,048,895	1,048,895
Unrestricted	37,167	-	37,167	136,521	-	136,521
	37,167	1,154,168	1,191,335	136,521	1,048,895	1,185,416
	\$280,665	\$1,169,610	\$1,450,275	\$193,575	\$1,071,726	\$1,265,301

STATEMENT OF OPERATIONS FOR THE YEAR ENDED DECEMBER 31

	2016			2015		
	General Funds	Jackman & Endowment Funds	Total	General Funds	Jackman & Endowment Funds	Total
REVENUE						
Donations, grants & sponsorships	\$652,217	\$ -	\$652,217	\$638,003	\$58,819	\$696,822
Program generated	108,647	-	108,647	181,864	-	181,864
Gain on marketable securities	-	103,815	103,815	-	19,333	19,333
Other investment income	-	27,677	27,677	-	27,790	27,790
	760,864	131,492	892,356	819,867	105,942	925,809

PROGRAM-RELATED INVESTMENTS IN MENTAL HEALTH

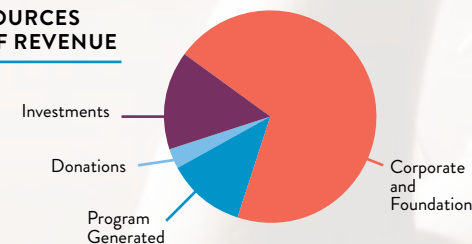
Program support & admin	775,654	-	775,654	832,255	-	832,255
Fundraising	82,075	-	82,075	4,294	-	4,294
Investment expenses & other	-	13,608	13,608	-	13,899	13,899
	857,729	13,608	871,337	836,549	13,899	850,448
(Deficiency) excess of revenue over expenditures	\$(96,865)	\$117,884	\$21,019	\$(16,682)	\$92,043	\$75,361

STATEMENT OF CHANGES IN NET ASSETS FOR THE YEAR ENDED DECEMBER 31

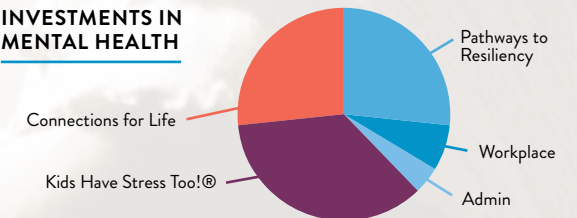
	2016			2015		
	General Funds	Jackman & Endowment Funds	Total	General Funds	Jackman & Endowment Funds	Total
Net assets, beginning of year	\$136,521	\$1,048,895	\$1,185,416	\$(44,628)	\$1,154,683	\$1,110,055
(Deficiency) excess of revenue over expenditures	(96,865)	117,884	21,019	(16,682)	92,043	75,361
Awards and related program costs	(15,000)	(100)	(15,100)	-	-	-
Investment income and Interfund transfers	12,511	(12,511)	-	197,831	(197,831)	-
	37,167	1,154,168	1,191,335	136,521	1,048,895	1,185,416

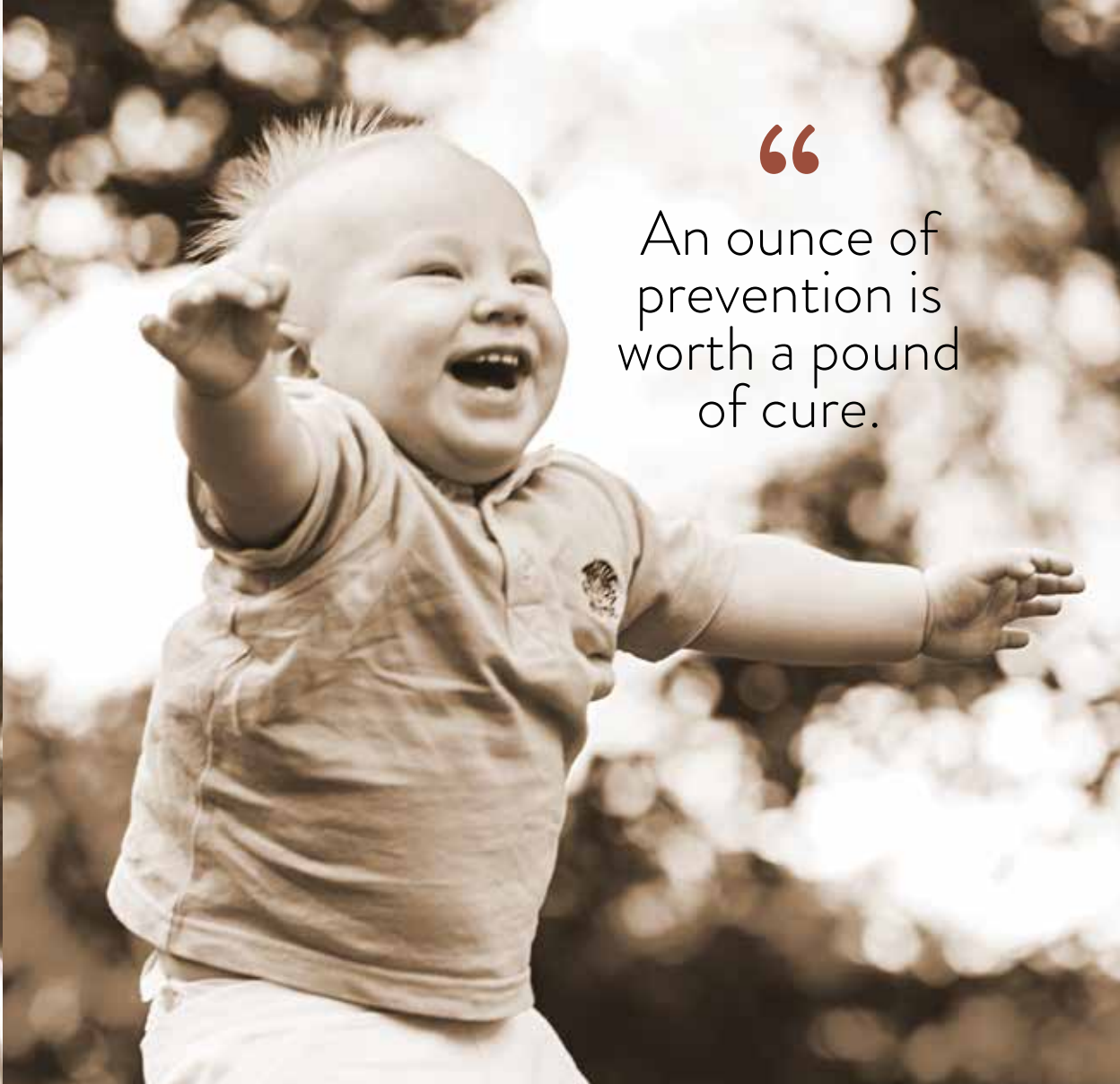


SOURCES OF REVENUE



INVESTMENTS IN MENTAL HEALTH





“

An ounce of prevention is worth a pound of cure.

Thank you for helping children become confident and productive adults.

Show your continued support by volunteering or through donations.

Contact us at:
info@psychologyfoundation.org





www.psychologyfoundation.org



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA

2 St. Clair Avenue East
Suite 800
Toronto, ON
M4T 2T5

TEL: 416.644.4944

FAX: 416.513.0348

EMAIL: info@psychologyfoundation.org

CHARITABLE NUMBER: 88921 2395 RR0001

