

2003-  
2004



P l a n n e d  
P a r e n t h o o d  
F e d e r a t i o n o f C a n a d a  
Annual Report

**mission** PFC is a national network that takes leadership in advancing sexual and reproductive health and rights in Canada and abroad through:

- Public Education and Awareness
- Support for the delivery of programs and services in Canada
- Advocacy
- International projects and liaison with the International Planned Parenthood Federation

**vision** PFC envisions a global society that celebrates healthy sexuality, its diversity of expression and reproductive choice as fundamental human rights for individuals throughout life



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# Message from the President and the Executive Director

There is always work to be done in the field of sexual and reproductive health, and the year 2003 was no exception. This year, PPFC continued its role as a leader in promoting sexual and reproductive health information, services and rights for all persons in Canada and internationally.

Building on the momentum of efforts from previous years, in 2003, PPFC:

- was once again acknowledged for its leadership and expertise as a trusted and credible source of accurate, non judgmental information. For the 5th consecutive year, PPFC was the Sexual and Reproductive Health Affiliate of the Canadian Health Network
- continued its efforts to integrate HIV/AIDS information and education into existing sexual and reproductive services. PPFC published the Sexual and Reproductive Health Counselling Guidelines, the first Canadian resource which provides guidelines and support to health care providers and educators regarding this integration
- collaborated with its 23 affiliate members to strengthen the role of the Planned Parenthood Federation in providing services and accurate information in the field of sexual and reproductive health, and improving the quality of life of women, children and men across Canada
- provided, for the first time, a seven-month international internship for a recent university graduate: six months working with FAMPLAN, a family planning organization in Jamaica, to provide accurate sexual and reproductive information to youth in rural and marginalized communities of Jamaica and one month with Planned Parenthood Edmonton learning about their programs, particularly the multi-cultural education program.

As anticipated, the effects of international challenges, such as the United States administration's global gag rule, the continuing epidemic of HIV/AIDS, living up to commitments of the International Convention on Population and Development and the Millennium Development Goals, are impacting our lives here at home. Despite these challenges, we are encouraged by the dedication and perseverance shown by PPFC's Board of Directors, staff, affiliate members, partners and supporters. With this unwavering support, PPFC continues to be the voice for optimal sexual and reproductive health in Canada.

In 2004, PPFC celebrates its 40th anniversary. We will continue to be a leader in promoting sexual and reproductive health information, services and rights for all persons in Canada and internationally. We hope that our friends and supporters will join us in acknowledging the gains that have been made in the field. Although there is much to be improved in terms of our sexual and reproductive health, this year has shown us that there is also much to celebrate.

Michael Birmingham, Ph.D., President  
Linda Capperault, M.S.W., Executive Director

# NATIONAL Programs

In an increasingly competitive and rigid funding environment, this has been an exciting year for national activities of PPFC. A founding member of the Canadian Health Network (CHN), PPFC was selected by Health Canada to continue in its anchor role as *InfoSexNet*, the sexual and reproductive health centre on the CHN to March 31, 2006. In addition, PPFC secured funding to develop the *Canadian Sexual Health Practitioners' Network*, an on-line membership-based repository of exemplary resources specific to the non-profit sexual health sector. The Canadian Institute of Health Research provided a grant to PPFC to develop the *Women & HIV/AIDS - Coalition Institute Initiative* which will provide an opportunity for a representative number of organizations working on behalf of women living with, or at risk of, HIV/AIDS, to meet, establish shared/common goals to address the gaps in programs, services and supports and work together to create a unified, integrated and inclusive strategy to address these gaps. A private Canadian Foundation provided generous funding to create a joint PPFC national office – PPFC Affiliate youth-health-focused partnership program (*Y.E.A.H. North*) to address critical sexual health issues in Nunavut.

Outreach across the sector increased this year with relationships established/strengthened with national disability organizations (Muscular Dystrophy Association of Canada, Canadian Association of Independent Living Centres), Medical Students For Choice, and Pro-Choice Action Network.

## Other highlights over the past year include:

- Strengthening of our relationship with Ansell Canada (LifeStyles condoms). In addition to an increase in the number of condoms provided free of charge to PPFC Affiliates, Ansell committed to providing 300,000 personal lube samples. Further, PPFC has established a group-purchasing program with Ansell. PPFC Affiliates benefit from discounted product rates and a seamless ordering process.
- Implementation of 2<sup>nd</sup> Annual National Sexual & Reproductive Health Awareness Day (February 12)
- Established relationship with Allendale Pharmaceuticals (New Jersey) for the supply of *Today's Sponge* sample for PPFC Affiliates. Discussions pending re group-purchasing program.
- With the support of our project partners, Aboriginal Nurses Association of Canada, assumed full management of *Finding Our Way: A Sexual and Reproductive Health Sourcebook for Aboriginal Communities*
- Participated at key conferences/forums/meetings including the 25<sup>th</sup> Annual Guelph Sexuality Conference, McGill University Sexual Health Fair, Planned Parenthood Federation of America Education Directors Conference, Third Sector Conference (Queen's University, Kingston), HIV Skills Building Conference, Fédération du Québec pour le planning des naissances, Sex Effects Conference
- Worked in partnership with Action Canada for Population and Development to prepare a submission to the United Nations Committee on the Rights of the Child

PPFC continues to engage in international projects in collaboration with local non-governmental organizations, primarily our sister agencies through the International Planned Parenthood Federation of which PPFC is a long-standing member. Partnership, capacity development and improving access to sexual and reproductive health services and information form the crux of our international work.

Some of our international program highlights from this past year include:

## INTERNATIONAL Programs

- Successfully negotiating a six-month extension for the *Promoting Sexual and Reproductive Health for Youth and Women* projects in Brazil, Colombia, El Salvador and Jamaica. In this past year we reached 27,773 youth, trained 2,578 peer educators, trained 2,583 educators and provided sexual and reproductive health services to 15,934 youth.
- Developing and implementing a CIDA funded internship for a recent graduate. The internship was developed in collaboration with Planned Parenthood Edmonton and FAMPLAN, our sister agency in Jamaica. The intern spent six months in Jamaica and one month in Edmonton learning from our partners and contributing to their programs.
- Successfully negotiated a two-year extension for our Community Based Reproductive Health Extension Project in Pakistan. PPFC staff traveled to Pakistan twice this year and visited all six regions of Pakistan's four provinces where the project is operating. The second mission enabled PPFC staff to organize and participate in a first ever Project Advisory Committee meeting that brought together representatives from CIDA, Government of Pakistan and non-governmental organizations to discuss project related issues. In the past year, the project's mobile clinics reached 87,529 individuals providing them with sexual and reproductive health services and over 13,500 contraceptives were distributed. Project staff trained 1,989 peer educators and conducted sexual and reproductive health education sessions with over 68,000 women, men and youth. In addition, project staff trained 390 service providers on providing sexual and reproductive health services from a clients' rights perspective.



# Scholarships and Awards

Congratulations to all recipients of awards in 2003 – we encourage you to continue in your pursuit of strengthening work in sexual and reproductive health. Thank you to the supporters of each of these scholarships and awards, your commitment is deeply appreciated.

## **Norman Barwin Scholarship**

This \$2,500 scholarship is awarded annually to an exceptional student who is pursuing a graduate level degree in the field of reproductive health. Dr. Norman Barwin has been a long time supporter of Planned Parenthood and of sexual and reproductive health in Canada. The 2003-2004 recipient of the Norman Barwin Scholarship for Graduate Studies is Alia Offman, a PhD student in Psychology at Carleton University in Ottawa.

## **Phyllis P. Harris Scholarship**

This \$2,500 scholarship is awarded each year to an undergraduate student in their 3<sup>rd</sup> or 4<sup>th</sup> year of study. The scholarship is endowed in the memory of Phyllis Harris who spent over thirty years in the field of family planning. The successful recipient must demonstrate having worked or volunteered in the general field of human sexuality and intend to pursue a degree in the field of family planning or population issues. The 2003-2004 recipient of the Phyllis P. Harris Scholarship for Undergraduate Studies is Colleen McNamee, a nursing student at Dalhousie University in Halifax.

## **Helen and Fred Bentley Affiliate Award**

This award is offered annually to a PPFC Affiliate that has shown outstanding achievement in the field of sexual and reproductive health. Helen and Fred Bentley established the award on an enduring basis. The Bentley Award Selection Committee selected as the winner for 2003 Planned Parenthood Newfoundland & Labrador (PPNL). PPNL's application was based on *Hazy Love: Drugs, Alcohol & Sexual Health*. *Hazy Love* is unique in that it is highly interactive and presented in a very empowering/non-judgmental manner. Youth not only learn about the risks and consequences of drug and alcohol use on their sexual health, they are given the tools to be able to identify their own boundaries in relationships and the skills for effective communication. The award Selection Committee noted a number of strengths in the program and found the model PPNL adopted for *Hazy Love* particularly strong for the level of peer involvement in both the development and facilitation of the program.

## **Janssen-Ortho Volunteer of the Year Award**

For over 10 years Janssen-Ortho Incorporated has sponsored the Volunteer of the Year Award at Planned Parenthood Federation of Canada. The recipient receives a certificate, a cheque for \$1,000 and a trip to PPFC's Annual General Meeting as a reward for their outstanding efforts and contribution to Planned Parenthood.

Sharon Froese, a long time volunteer with Planned Parenthood Cape Breton, was selected as the 2003 Janssen-Ortho Inc. Volunteer of the Year. Since 1977, Ms. Froese has been involved in many facets of the Planned Parenthood movement at both the local and national level. She has been an active volunteer in various key roles including PP Cape Breton Board President, Affiliate representative on the Planned Parenthood Nova Scotia Board and a representative on the Planned Parenthood Federation of Canada National Board. She has been instrumental in breaking down barriers to sexual and reproductive health services in Nova Scotia and is a long time proponent of equal access to services.

*1 person is helpful.*

*10 people are  
influential.*

*100 people are  
powerful.*

*1,000,000 people  
are invincible.*

### ***Our Donors and Advocates***

We continue to have a strong voice because of the support we receive from our donors and advocates. Individuals, corporations, foundations, the Canadian International Development Agency, Health Canada and many other partners help us make sexual and reproductive health a priority here in Canada and internationally.

### ***Board of Directors***

#### ***Executive Committee***

Michael Birmingham, President  
Louise Hanvey, Past President  
Andrea Cohen, Vice President  
Nancy McTavish, Treasurer  
Dr. John Lamont, Secretary

#### ***Directors***

Alison Earle  
Susan Fox  
Melissa Lee  
Margaret L McKelvie  
Greg Smith  
Michelle Winterburn

## Planned Parenthood Affiliates

# MAKING IT HAPPEN IN YOUR COMMUNITY

PPFC Affiliates provide essential education and services directly to the communities they serve. These are organizations that are making our Planned Parenthood presence felt across the country.

Planned Parenthood ALBERTA

Sexuality Education Resource Centre BRANDON

Options for Sexual Health, BRITISH COLUMBIA

CBCA Sexual and Reproductive Wellness Centre CALGARY

Planned Parenthood CAPE BRETON

CUMBERLAND COUNTY Family Planning

Planned Parenthood Association of EDMONTON

Planned Parenthood FREDERICTON

Planned Parenthood Metro Clinic HALIFAX

Sexual Health Awareness Centre of PP HAMILTON

Planned Parenthood LUNENBURG COUNTY

Planned Parenthood NORTH SHORE

Planned Parenthood NOVA SCOTIA

NEWFOUNDLAND AND LABRADOR Sexual Health Centre

Planned Parenthood OTTAWA/Planning des naissances d'OTTAWA

Planned Parenthood PICTOU COUNTY

Planned Parenthood Centre REGINA

Planned Parenthood SASKATOON Centre

Planned Parenthood SHEET HARBOUR

Planned Parenthood of TORONTO

Planned Parenthood WATERLOO REGION

Planned Parenthood WINDSOR/ESSEX COUNTY

Sexuality Education Resource Centre WINNIPEG

PPFC relies on the generosity of our donors, whether individuals, foundations, corporations or other partners.

There are many ways to make a gift to PPFC and each one helps us move closer to our goal of a world where everyone is free to make educated choices about their sexual and reproductive health and has access to services.

### ***Outright Giving***

Your gift goes straight to work helping us with our invaluable programs. Gifts can be made for unrestricted support (wherever our need is greatest) or for a specific purpose.

### ***Partners for Prevention Monthly Giving Program***

It's an easy way to give and helps us to keep our administrative costs down so more of your money goes straight to our programs. You can spread your donation out over the year by joining this critical program.

### ***Planned Giving or Bequests***

Our future depends on you. Planned gifts and bequests help us to secure our future. Learn how to leave your legacy by including PPFC in your will or by receiving life income through Charitable Remainder Trusts or Charitable Gift Annuities.

### ***Giving Stocks***

You can receive a charitable deduction for the full market value of your gift at time of transfer, as well as benefits around the capital gains tax.

### ***Online Giving***

Giving online is easy and efficient – just visit the PPFC website at [www.pffc.ca](http://www.pffc.ca) and click on Donate Now. Have your credit card ready and our secure connection through [CanadaHelps.org](http://CanadaHelps.org) will take you through the process.

### ***Honourary Giving***

Celebrate special events in the lives of those around you by giving a gift in their honour. Giving a gift in memory of a loved one is also a wonderful way to pay tribute.

### ***Matching Gifts***

Your employer may match your gift to PPFC! You can make your gift work harder by checking with your company's personnel office for information on their matching gift program.

Contact our Resource Development Department at 613.241.4474 or by email at [development@ppfc.ca](mailto:development@ppfc.ca) for more information on any of our giving options.

**YOUR  
Support  
Makes a  
Difference**

# SUMMARY of Financial Activity

## Planned Parenthood Federation of Canada Balance Sheet March 31, 2004

### ASSETS

#### CURRENT ASSETS

Cash	\$	168,227
Investments		255,488
Accounts Receivable		58,639
Prepaid Expenses		<u>3,343</u>
		485,697

Property and Equipment	\$	<u>29,839</u>
	\$	<u><u>515,536</u></u>

### LIABILITIES AND NET ASSETS

#### CURRENT LIABILITIES

Accounts payable and accrued liabilities	\$	<u>36,986</u>
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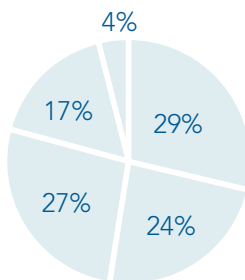
DEFERRED CONTRIBUTIONS	\$	<u>237,712</u>
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#### NET ASSETS

Unrestricted		100,999
Internally restricted for contingencies		110,000
Invested in property and equipment		<u>29,839</u>
		240,838
	\$	<u><u>515,536</u></u>

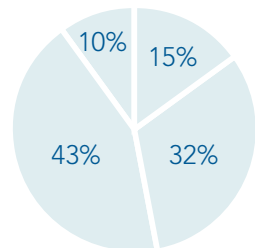
# FINANCIAL Highlights

Year ended  
March 31, 2004



Revenue - \$1,998,022

CIDA 29%  
Health Canada 24%  
Private Contributions 27%  
Gifts in Kind 17%  
Other 4%



Expenses - \$2,182,260

Administration 15%  
International Programs 32%  
National Programs 43%  
Resource Development 10%