



Planned Parenthood Toronto



2023

ANNUAL REPORT



**We can't wait any longer.
The time for youth futures is now!**



**PLANNED
PARENTHOOD
TORONTO**

WE ACKNOWLEDGE AND WE ACT.

Planned Parenthood Toronto is located on the traditional territory of the Anishnaabe, Mississaugas of the Credit First Nation, the Haudenosaunee, and the Huron-Wendat. Indigenous peoples have lived on and cared for this land for time immemorial. This territory is covered by the Dish With One Spoon Wampum Belt Treaty. Today, Toronto is still home to many Indigenous people from across Turtle Island. We acknowledge that settlers on the land directly benefit from the process of colonization.

The process of colonization is not just a dark chapter of Canada's past. Colonial violence is continually inflicted on Indigenous land, communities, and peoples to this very day.

And we cannot speak of harm and violence against Indigenous communities without also acknowledging its ties to our past as part of the Planned Parenthood Federation. Margaret Sanger, one of the founders of Planned Parenthood, was a proponent of eugenics.* She endorsed a 1927 U.S. Supreme Court ruling that allowed states to forcibly sterilize people deemed "unfit" without their consent or knowledge. Margaret Sanger's beliefs caused irreparable damage to the lives of generations of Indigenous peoples, as well as Black people, people of

colour, people with disabilities, people with low incomes, and many other vulnerable communities. Our history is one that we reckon with every day and we at Planned Parenthood Toronto strive to address how this harm still persists today. We are committed to increasing our capacity to provide culturally safe health care that meets the diverse needs of Indigenous peoples and we acknowledge this will be an ongoing process. We centre the voice and experiences of the most marginalized including Indigenous and two-spirit communities who face institutional barriers when it comes to their health and well-being. We advocate dismantling these long-standing systemic issues and actively committing to dismantling oppressive practices within our own organization. By listening to Indigenous communities, taking their lead and working to rebuild their trust through consistent action, we desire to transform the conditions and

***Eugenics** are a set of practices that manipulate genetics to achieve a racist, ableist vision of the future. Eugenicists falsely assume that the genetic makeup of the population is responsible for societal issues, and try to solve them by limiting reproduction to only those considered “desirable” (think: white, Christian, upper class, and not disabled). At its peak, eugenic practices ranged from laws against interracial marriages to forced sterilization. Today, eugenics takes a subtle, but still equally devastating shape through practices like birth alerts, forced medical testing, and their disproportionate harm to racialized and disabled communities.

practices that reinforce their oppression and increase our ability to provide culturally- safe care and programs. We invite you to join us in moving beyond acknowledgments and pursuing action towards a more sustainable, just, and equitable future.

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LETTER FROM THE BOARD CHAIR & EXECUTIVE DIRECTOR

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The 2022/2023 year has been a big and busy one for Planned Parenthood Toronto. Our brand new strategic plan "Building Youth Futures" is a bold vision to meet the challenges and the opportunities of extraordinary times. As a youth community health centre that strives to live our values, we take our responsibility to youth communities very seriously, particularly in this moment of uncertainty and upheaval.

We are undoubtedly facing what has been called the "polycrisis"; a time of escalating threats to hard-won civil rights and the bodily autonomy of trans and cis women, queer and gender-non conforming people, as well as endless police and state violence against Black, Indigenous and racialized people both here and in the US. Not to mention we are facing a climate catastrophe, ongoing settler colonial violence, a runaway housing crisis, and an emboldened right wing that is targeting our communities with seeming impunity. Whether it be through policy, threats or overt violence, attempts to suppress and dominate Indigenous, racialized, queer and trans, communities are everywhere, as is a sense of rising anxiety about something fundamental having shifted.

Values-driven civil society organizations like PPT and our communities have suddenly become the frontline for preserving progressive values. We recognize the gravity of the moment and also hold what we have always known - that love, community and mobilizing for justice will always prevail. Against this backdrop, we have gotten to work this year! Despite decades of chronic underfunding and a very challenging time in Ontario's healthcare

sector, we have imagined what a more sustainable and resourced future can look like for PPT, allowing us to be more responsive to the increasingly complex needs of youth.

Under our new strategic plan, we have therefore set lofty but important strategic directions for ourselves:

- Reimagine PPT's program, capacity building and service-delivery model for greater impact and reach across Toronto
- Advocate boldly for youth figures and Reproductive Justice*
- Centre 2SLGBTQIA+, racialized, and

***Reproductive Justice (RJ)** is a term coined by SisterSong and a grounding principle at PPT. RJ recognizes that the ability to control one's reproductive destiny is directly linked to the conditions that are present in communities. RJ exists when all people have the power, information, and resources to make healthy decisions about their bodies, sexuality and reproduction, regardless of race, income, sexual orientation, gender identity, age, immigration status, ability, geography, etc. It includes the right to maintain personal bodily autonomy, have children, not have children and parent children in safe and sustainable communities.

marginalized youth and expand programs and services to respond to their needs

- Build a strong, reputable and sustainable organization

We have restructured our management team in order to better support frontline staff and engage with our youth and community. We have also expanded our clinical team to better meet the needs of youth and help to reduce our growing waitlist for health services. As we return to more in-person programming and services, we recognize the importance of supporting the staff that drive our success. We have introduced more opportunities for staff to come together both socially and to share in professional development. We are thrilled to have moved to a new benefits provider that included enhanced mental health support for our staff. We successfully applied for capital repair funding and started making a series of physical improvements to our aging but beloved building, such as installing new floors and dimmable lights, and we have more improvements scheduled for the future. Finally, we are so proud to have secured funding for our first post-abortion support group, specifically for South Asian youth who have experienced abortion.

Despite this, the road ahead is steeply uphill. We are in the midst of tremendous health human resources strain meaning that almost everybody is feeling beyond capacity and recruitment can be a challenge. Our heritage-constrained building in the Annex is a barrier to anyone living with mobility or physical disabilities and to youth in areas of the city where public transit is not easily accessible. We are so proud that we are one of the leading providers of gender affirming and primary care to trans youth and yet the waitlists for our services are unacceptably long as we cannot keep up with demand. Similarly, we are honoured that non-insured youth see us as a safe resource for their care, including abortion support. However, we spent many times more than our non-insured funding in providing these services and there is great uncertainty about whether we will be able to receive funding in future years to meet this demand, leaving us

very concerned for the communities we serve.

And we accept this challenge. We continue to listen deeply to our communities, the visionary youth who make up our various Youth Advisory Councils, our brilliant staff and our committed community of supporters. This is the time to double down on our values, to recommit to our ideals and to seize every opportunity to act, advocate and strategize to shift our environments for the better. This is the time to push for Reproductive Justice. We can't wait any longer, the time for youth futures is now.

In solidarity,



Tom Gleason,
Board Chair*



Mohini Datta-Ray,
Executive Director

***Board Chair** Before we define a Board Chair, we should probably define what a board is! A board is a group of volunteers who are responsible for overseeing a non-profit and providing strategic direction. Their responsibilities can include helping set goals and directions, supporting financial management, setting policy, ensuring ethical and legal integrity, and approving the chief executive (in our case, an Executive Director). The Board Chair leads the board and has many responsibilities including facilitating meetings, providing direction, supporting and supervising the Executive Director, and leading the board members to work as a unit.

A Word on the Changing Global Abortion Landscape

In 2022/23, abortion has been one of the biggest news stories across the world. Between the fall of *Roe v. Wade* and draconian attacks against providers in countries like Poland, there have been countless headlines about the state of Reproductive Justice globally. But did you know Canada has a large, well-funded anti-abortion movement too, and that they've already had great success making abortion inaccessible to millions across the country?

Though it may not be common knowledge, abortion care is not universally accessible in Canada, especially for those outside privileged urban communities. Years of stagnating funding has ensured that fewer and fewer Canadians are adequately served. In Ontario, only 13 clinics provide surgical abortion for all 14 million of the province's residents, and on top of that almost all the province's clinics are located in the south. New Brunswick lacks a single publicly-funded abortion clinic. And throughout the entire country, crisis pregnancy centres outnumber abortion clinics. These centres often masquerade as abortion clinics, but actually spread dangerous misinformation that delays and interferes with access to care. Indigenous and racialized communities' calls for community-driven Reproductive Justice initiatives go unanswered, and there continues to be no logistical support for individuals travelling long distances for abortion.

If that wasn't bad enough, attacks against Reproductive Justice in countries like the US and Poland have significant negative implications for abortion in countries like Canada. Above all, it emboldens our own anti-choice movement, as high-profile right-wing stunts set a new precedent for what is considered acceptable in

Canada. And Canadian anti-choice radicals are organized and ready to meet this moment. They have worked tirelessly to infiltrate all levels of government. In fact, as of March 2023, there are 84 Members of Parliament with known anti-abortion views, meaning that anti-choice legislators make up 25% of Parliament. As with the US, the point of undermining Reproductive Justice is to have power and control over Indigenous and racialized communities, low income women, and trans and non-binary people by maintaining the violent colonial and misogynist logic of the anti-abortion movement.

We know these challenges intimately. Since 2020, PPT has seen a sharp increase of youth travelling long distances for care, sometimes crossing provincial borders. And this growing demand has not been met with funding to match. With this shifting tide on Reproductive Justice, the fight for reproductive rights, abortion access, and bodily autonomy in Canada has reached a breaking point.

We know that this is not the society that Canada envisions for itself, that in our minds, abortion in this country is free, it is legal and it is available on demand. To turn this just vision into a reality, we encourage you to learn about Reproductive Justice and to become an active and engaged participant in the organizing around it. We urge you to pay attention to the local politics in your community, to ask your candidates what they intend to do to push for Reproductive Justice, and then hold them accountable if they win. The fight for Reproductive Justice is not over here in Canada and we need your support now. Whether you volunteer, support financially, or get involved in the fight politically, we thank you!



WHO DID WE SERVE?

3,412 CLIENTS SERVED

9,777 SERVICES PROVIDED TO THEM

683 GENDER-AFFIRMING CARE APPOINTMENTS

130 CLIENTS WHO SAW PPT THERAPISTS

513 MEDICAL ABORTIONS FACILITATED

22 % OF CLIENTS WHO ARE NON-INSURED

382 IUD INSERTIONS

TOP SERVICES PROVIDED

Birth Control

Pregnancy Support

*Gender Affirming Care

Medical Abortions

Referrals

IUD Insertions

Prescriptions

STI Support

Counselling

Peer Education

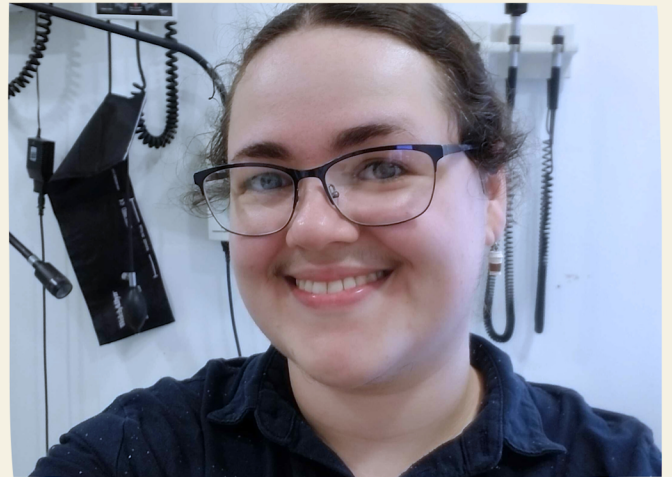
Health Navigation

***Gender-Affirming Care** is life-saving healthcare for transgender and non-binary people. It involves a range of services like hormones and surgery, but also includes mental health services, fertility considerations, social services like legal support, and more. Gender-affirming care is necessary for the well-being of many queer people as it helps them to live more openly, authentically, and safely as their true selves. Gender-affirming care is recognized as medically and emotionally necessary by all major health organization in Canada including the Canadian Medical Association and the Canadian Mental Health Association.

OUR NEW RN!

This year, PPT hired our first Registered Nurse in a very long time! In February 2023, we warmly welcomed Em to the team and right away they got busy working to improve PPT's health service offerings. As this is a new role, Em has been collaborating closely with the rest of the health services team to best position their role to enhance health services' efficiency and offer more comprehensive and timely care to our patients.

Em has already taken on various procedures, such as pap smears, HRT injections, diagnostics like STI testing and blood draws, and their efforts have had a remarkable impact tackling our waiting



list. In May alone, they saw 80 patients! They also got right to work revamping our hormone injection kits, overseeing vaccine orders, and developing mock materials for educational purposes. With Em's help, PPT is looking forward to reinstating services that were affected by the pandemic, catching patients up on missed tests and procedures that are critical to their well-being, and being in a better position to meet youths' ever-evolving health needs. We're so excited to see the directions Em takes this role!

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OUR CLIENTS WITHOUT OHIP

One of the most critical services that PPT offers is supporting access to abortion care.

For our clients without OHIP, PPT's role ensuring abortion access looks different. For one, we assess the sources of funding available for a patient's care and if necessary, fund it ourselves. We help those eligible to navigate the complex process of obtaining an OHIP card. And we do health navigation and advocacy to ensure that clients receive the life-saving care they need.

Recently, the demand for this PPT service has grown exponentially. Since 2020 alone, we have witnessed a four-fold jump in this budget line, with no corresponding increase in funding.

This year also saw the end of a Provincial program that provided hospital care to non-insured clients free of charge. When the province ended the program in March, they pointed patients to community health centres like PPT for care. While it is true that centres like ours are able to provide services to non-insured patients, we are critically underfunded, resulting in long waitlists. With the repeal of this program, the demand that community health centres are already struggling to meet will grow and real people will fall through the cracks, resulting in unnecessary hardship and pain for our patients.

We urge you to join in the fight to protect the most vulnerable patients in Ontario. Support organizations rallying for the reinstatement of the hospital care program. Learn more about the legal and political issues that impact non-insured patients. And join us in rallying for the expansion of funding to community health centres doing this critical work! Whether you offer financial support, get involved in the fight politically, or spread the word, we thank you!

The urgency of providing accessible abortion care is due to the procedure's time-sensitive nature and its critical importance to the well-being of the recipient. Currently, an estimated 500,000 Ontario residents lack health insurance, meaning they're forced to navigate a system rife with barriers that delay this crucial procedure. When individuals are unable to access abortion in a timely manner, unintended pregnancies can result in serious negative consequences including financial strain, emotional distress, and health complications.

COMMUNITY PROGRAMS

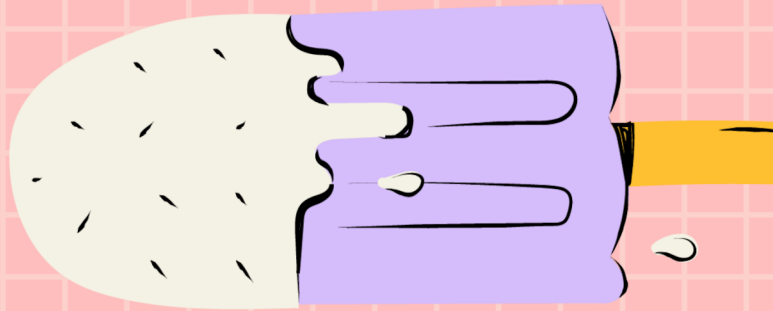
TEACH

Teens Educating and Confronting Homophobia is a peer-based anti-homophobia, biphobia, and transphobia education program.

Our peer educators deliver programming at schools and in community settings across the city.

This year 2,409 youth attended 74 workshops.

In 2022-23, we branched into new territory. Literally! We had the opportunity to provide much-needed 2SLGBTQIA+ programming outside our usual stomping grounds, and as far as Huntsville.



YMP

YMP or Youth and Masculinity Project is a bi-weekly, virtual hang out space for young men and masculine identified youth between the ages of 16 - 29 in Toronto.

This year we had 6 drop-in sessions for 28 participants.

This year, YMP started having themed drop-ins! Topics included healthy relationships, rest and masculinity, expressing your needs, and body image.

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NBD

The Nonbinary BIPOC Drop-In is a bi-weekly, virtual hang out space for youth who are nonbinary, gender non-conforming, and/or gender diverse and Black, Indigenous, or people of colour. The program is co-designed by a Advisory Committee of non-binary BIPOC youth.

This year, NBD had 24 sessions with 22 participants.

NBD strives to build a community with youth to explore the intersections* of their non-binary and BIPOC identities. This year we did that by exploring topics like Indigenous solidarity, alternative futures and stories, self expression, and cultural celebrations.

***Intersectionality** is a term used to describe how different aspects of a person's identity, like their race, ability, and gender, can overlap and affect their experiences and challenges in society by virtue of having more than one marginalized identity. The term was coined by Kimberlé Crenshaw following a lawsuit five Black women brought against General Motors in 1976 in which they argued that they were facing discrimination based on both their race and their sex.



TIME OUT

Time Out is a weekly drop-in program which supports young parents and helps meet their needs with regard to sexual and mental health, self-development, parenting skills and practical life skills.

This year, we had 38 sessions for 36 participants.

This year, Time Out did things a little differently! We expanded the range of programming on offer and explored new creative activities like sketchbooking and creative journalling. We even offered a series that helped take creative endeavors and turn them into social enterprises! During this series, young parents had the opportunity to try their hand at chocolate making, including preparing, marketing, and selling their wares.



TEEN HEALTH SOURCE

Teen Health Source is a confidential hub for all your sexual health information needs! Got a question? Speak to one of our trained, youth volunteers via phone, email, chat or text or find answers on our website! Our resources are by and for teens, and we pride ourselves on being youth positive, non-judgemental and inclusive.

1 million+ people visited our site and 5,000 more had questions for our volunteers or chatbot!

Questions that we heard the most this year had to do with pregnancy risk, birth control, puberty, and sexual pleasure. Our most popular blog posts covered sexual health services in the city, DIY-ing lube, and the status of the abortion pill in Canada.



HEALTH PROMOTION

PPT's Health Promotion team offers a range of workshops that are all dedicated to the same goal: to empower youth with the tools they need to live happy, healthy lives! To do this, we bring our workshops to wherever youth congregate - from schools to group homes and everywhere in between.

This year we had 112 workshops for 1,596 youth.

PPT strives to deliver programming that is innovative and relevant to youth's ever-evolving health needs! In-demand topics this year included consent in the context of substance use, boundaries, gender identity, reducing stress, body image, and social media's impacts on racialized youth mental health.

NEW

COMMUNITY CONNECTIONS

Once in full swing, the Community Connections project aims to support youth with their mental health through an innovative new model called social prescribing. Recognizing the tremendous need for programming that builds mental health skills, knowledge, and resilience, the project will deliver groups and workshops to youth on the PPT mental health waitlist, as well as to other youth seeking support across the city. The project will also provide referrals and connections to supportive resources and services, further enhancing access to a network of community that youth can rely on.

In 2021, the overwhelming majority of the 252 youth we surveyed told us they needed mental health support, especially for anxiety and depression. This project is informed by their needs and co-designed with youth at the helm!

Some of the potential topics that the Youth Advisory Committee and Community Connections Health Promoter are exploring for programming include the importance of community care, building healthy support systems, self-care strategies, navigating difficult conversations about mental health among marginalized communities, and the mental health impact of the COVID-19 pandemic.

VOLUNTEERS

THIS YEAR WE HAD **50** VOLUNTEERS
PROVIDE **891** HOURS TO PPT.

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Marea Verde

Inspired by the Argentine Green Wave which saw folks rise up for reproductive rights across South America, Planned Parenthood Toronto launched its Green Wave Initiative in the Fall of 2022. In addition to partnering with a number of stores, bars, and restaurants to raise awareness to threats to Reproductive Justice in Canada, we collaborated with Hot Docs Cinema for a screening of Angel Giovanni Hoyos' inspiring documentary Marea Verde (Green Wave). Following the film screening, Rachel Cairns, host of the podcast Aborsh, moderated a panel discussion exploring the lessons of Argentina's victory in Canada. Thank you to Angel Giovanni Hoyos, Cherylee Bourgeois, Amrita Kumar-Ratta, and PPT

staff Raejeanne Watts and Rabea Parpia for their thoughtful participation. We also had a chance to gather in community! The reception was attended by over 50 co-conspirators including midwives, sexual health, gender-based violence, and abortion advocacy organizations, reps from our local MP's office, staff, board members, and partners like Patagonia and Tommy's Wine Bar. In all, 159 tickets were sold, bringing awareness to such a critical issue and funds for PPT and Hot Docs. We are so grateful to all the panelists and attendees, to Hot Docs for making this event such a success, and to our amazing community partners for joining us in celebrating Marea Verde!

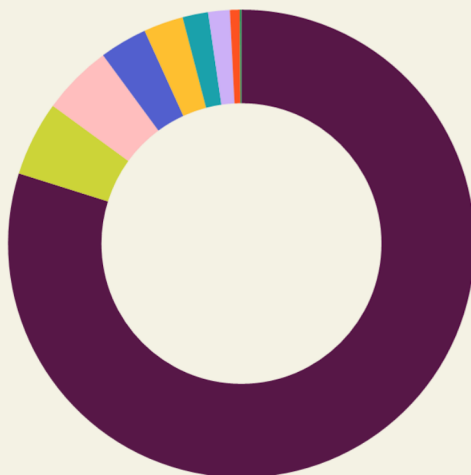


FINANCES

Statement of Revenue and Expenses for the year ended March 31, 2023

REVENUES

Revenues	General	Capital	Health Services	Total
Toronto Central LHIN	-	141,402	3,414,641	3,556,043
City of Toronto	122,517	-	-	122,517
United Way Toronto	230,289	-	-	230,289
Province of Ontario	29,564	-	-	29,564
Other Project Revenue	217,104	-	-	217,104
Recovery of Administrative Overhead	-	-	66,744	66,744
Fundraising	146,636	-	-	146,636
Productive Enterprise	78,830	-	-	78,830
Other Income	2	-	-	2
Investment Income	5,623	-	-	5,623
Total Income	\$830,565	\$141,402	\$3,481,385	\$4,453,352



- Toronto Central LHIN
- City of Toronto
- United Way Toronto
- Productive Enterprise*
- Other Project Revenue
- Fundraising
- Province of Ontario
- Recovery of Administrative Overhead
- Investment Income

REVENUES

EXPENSES

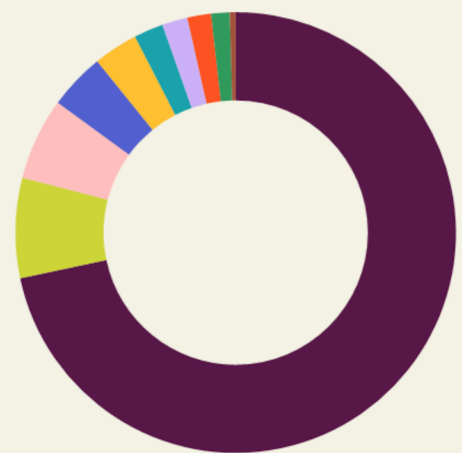
Expenses	General	Capital	Health Services	Total
Salaries and Benefits	638,444	-	2,577,129	3,215,573
Building	76	-	77,943	78,019
Purchased and Contractual Services	38,851	-	290,358	329,209
Operating	2,736	-	143,957	146,693
Administrative	8,455	-	52,405	60,860
Cost of resale contraceptives	83,812	-	-	83,812
Fundraising	19,322	-	-	19,322
Programming	130,887	-	54,978	185,865
Non-insured	-	-	270,361*	270,361
Amortization	-	96,793	-	96,793
Total Expenses	\$922,583	\$96,793	\$3,467,131	\$4,486,507
Excess of Revenues	\$(92,018)	\$44,609	\$14,254	\$(33,155)
Amount Repayable to Toronto Central LHIN	-	-	\$(14,254)	\$(14,254)
Excess of Revenues over Expenses, net	\$(92,018)	\$44,609	\$ -	\$(47,409)**

*The true cost for non-insured expense is \$386,740; we were fortunate to secure a one time \$30,000 reimbursement of unspent non-insured funds from another agency.

** This amount is funded by a draw from reserve.

***Amortization** also called depreciation, is a technique used by accountants to spread out the costs for the use of assets with long shelf lives (think: computers or vehicles) over the expected lifetime of their use.

***Productive Enterprise** refers to activities that make money for an organization. At PPT, our productive enterprises are the birth control we sell at cost and the instances where we do paid workshops. However, we are a non-profit so any funds we make go back into investing in our programs and services.



- Salaries and Benefits
- Purchased & Contractual Services
- Non-Insured
- Programming
- Operating
- Amortization
- Cost of Resale Contraceptives
- Administrative
- Fundraising

MUNICIPAL CAMPAIGN

This year, PPT intensified its advocacy efforts. In the face of an increasingly hostile landscape for youth, we boldly advocated for their futures, recognizing that doing so is required to make a lasting impact.

One of the key ways we did that in 2022/23 was to launch a letter-writing campaign, urging City Council candidates to exert every effort to protect Reproductive Justice in Toronto. We wanted to see Council work towards radical change to alleviate the intersecting inequities and injustices that have been compounding throughout the years and that threaten Reproductive Justice in this city. From the pandemic to the climate emergency, from unaffordable housing to longstanding challenges in transit and childcare, from ongoing racial colonial,

and gender-based violence and years of under-investment in community services, these overlapping crises have been detrimental to our right to exercise personal bodily autonomy, to live in safe, sustainable communities, and to determine our shared futures. As always, these issues most deeply impacted those who were already marginalized.

Torontonians demanded to know if 113 candidates would invest in the areas that impact Reproductive Justice! And 17 candidates shared plans for new and accountable approaches.

As a community, we came together to say no more and demand Reproductive Justice. We made our voices known to the candidates that would represent us and let voters go into the election informed about which candidate committed to Youth Futures!

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THANK YOU

We can't even begin to express how grateful we are for everyone who made PPT's work possible in 2022-2023! We want to give a huge shoutout to all the co-conspirators that committed their time and energy to PPT this year! This includes all of our amazing volunteers, students, partners, donors, funders, staff, clients and participants.

We couldn't do it without you! Seriously, your dedication, skill and enthusiasm helped PPT foster critical access to health and wellness, and that made all the difference for the communities of youth who rely on us! Every IUD insertion, workshop, or mental health series happened because of you!

GET SOCIAL

Stay in touch and hear about what we're
working on as it happens!

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 @PPofTO

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