



# annual report

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## LETTER FROM THE CHAIR AND EXECUTIVE DIRECTOR



Rob Drynan, Chair, Board of Directors & Sarah Hobbs, Executive Director

It has been a busy and productive year for Planned Parenthood Toronto (PPT), with over 10,000 client visits to health services, active peer volunteer programs, increased use of new media technologies and enhanced community programming. We have strengthened the agency through organizational change, developed a new strategic plan and marked the beginning of our 50th anniversary year.

Organizational changes were implemented with the intention of strengthening PPT's financial position and to prepare us for the future. We did not renew the leased office space at 180 Bloor Street which means that all staff are working under one roof at 36B Prince Arthur Avenue. As well, the management team was restructured and downsized, which has allowed PPT to redirect funds to programming areas that have traditionally been under-resourced. Change can be challenging, but we are confident that this will enable PPT to grow.

In 2010-2011, an extensive consultation with PPT's stakeholders was undertaken to seek input from clients, community partners, program participants, donors, members, volunteers, and staff on a new strategic plan. This information was used to inform two strategic directions for PPT for the next four years and they are:

### DEMONSTRATING EXCELLENCE:

PPT will be recognized as *the* leader in youth sexual and reproductive health in Toronto and will change the lives of youth by providing the best sexual and reproductive health information, education and services possible.

### BUILDING FOR THE FUTURE:

In order to achieve our mission and demonstrate excellence, PPT will move to a new home. The new location will promote innovation, creativity and collaboration and it will be accessible, youth-friendly, energizing and inviting.

Through the strategic planning process it became clear that the agency vision needed to be updated. The new vision is concise, inspiring, and embodies PPT's history, values and hopes for the future. This vision is: *A future of sexual and reproductive choice, freedom and possibilities.*

PPT is thrilled to be celebrating 50 years as an organization. This anniversary has provided us with an opportunity to reflect on PPT's many accomplishments as well as to consider the dedication of those individuals who have made it possible. PPT wouldn't be celebrating this momentous occasion if it weren't for the efforts for our founders Barbara and George Cadbury, our loyal donors and the many staff who have left their mark on the organization over the years. PPT is also indebted to the hundreds of volunteers who have dedicated time, energy and expertise to the agency over its 50 year history. This support has been overwhelming and the contributions of all of these different individuals have made the organization what it is today. Lastly, but most importantly, PPT exists because of the women and youth in Toronto who have turned to us for health care, information and support: Thank you for trusting us. We will do our best to continue to meet your needs and make a difference in your lives for the next 50 years. ■

Sincerely,

Rob Drynan  
Chair, Board of Directors

Sarah Hobbs  
Executive Director

# 2010-2011 HIGHLIGHTS

## CLINICAL SERVICES

- PPT's interdisciplinary team of health care professionals continues to be in high demand, providing youth 13-29 with primary, sexual and reproductive health care.
- There was a 9.4% increase in the number of clients seen (4,059) with a 6.3% increase in the number of client encounters (8,480).
- There has been a significant increase in the number of marginalized youth populations accessing PPT. (See Chart.)
- Clients Accessing HIV tests increased by 9% and the number of male youth accessing this service has surpassed the number of females accessing this service for the first time, a 165% increase in three years.

- PPT fully implemented Electronic Health Records in October 2010 and all new clients accessing PPT health services since then only have electronic charts.
- When rating the level of care clients received from PPT in the last year on a rating scale from 1 (Not so great) to 5 ("Amazing! I love you PPT!"), 88% of the clients responded scored PPT as a 4 and above.



## MENTAL HEALTH PROGRAMMING AND SERVICES

- PPT's mental health team provides ongoing therapy to individuals and couples, therapeutic support groups, crisis counseling and case coordination.
- The mental health team has seen an increase in the number of clients with relationship issues, and clients struggling with anxiety and stress.
- This year, PPT received psychiatric sessional funding, which has enabled our psychiatric consultant to be on site once a month. He is available for case consultations, case conferences and staff presentations which is invaluable to the health services team who are supporting clients with complex mental health issues.
- While there was a 9% increase in the number of clients accessing therapy, there continues to be an approximate 10 month wait to be seen for ongoing therapeutic service.
- The "From Blahs to Bliss...and everything in between...Finding your Balance" depression support group was offered three times in 2010/11 with resounding success. Clients continue to demonstrate an interest in seeking support through therapeutic groups while waiting for individual therapy.
- There was a 4% increase in the number of client encounters for the Case Coordinator; in particular there was an increase in the number of clients seeking crisis support.

Marginalized Youth Populations Accessing PPT	2010 -2011	% increase over previous year
Number of non insured active clients	530	18%
Number of non insured clients served	266	18%
Number of Telephone encounters for non insured clients	213	28%
Number of newcomer active clients	553	28%
Number of newcomer clients served	333	20%



## MOBILE HEALTH SERVICES

- The mobile health unit (MHU) operates 3 days a week and serves women at five shelters and one Community Centre.
- The MHU has been able to provide services to women who face numerous socio-economic and systemic barriers to accessing sexual and reproductive health services.
- One of the challenges the MHU has encountered is demand variance of the service at the shelter locations. In the next fiscal year, staff will conduct service evaluations with the women being served to better understand their needs and make any appropriate changes to make the service more accessible to our clients, as this service matures.



## TEEN PROGRAMMING

- This year, 14 peer volunteers operated the sexual and reproductive website, MSN Chat, and a phone line specifically geared to teens aged 13-19 and provided 480 hours of service.
- There was a 52% decrease in client interactions. This is due to a number of factors including: The data collection methodology was revised for MSN chat encounters to more accurately reflect the actual service interaction and the ongoing shift of technology use in youth from using MSN chat and email to SMS and Facebook.
- In early 2010, PPT reviewed the Teen Programming program and identified that there was an increasing trend in youth utilizing social media platforms to access health information and sharing resources. Many youth are using Facebook and Twitter as their primary social mediums instead of MSN chat or even email. It was easily decided that PPT needed to join this movement so that we can engage youth through these popular social networking sites to increase their access to accurate sexual and reproductive health information. The staffing structure was changed and teen programming had an increased on line presence.
- Teen programming reached 4,345 youth through community events, health fairs and visits to malls.

## WOMEN'S PROGRAMMING

- Sexual health workshops, including short workshop series, in women's shelters continue to be in great demand with a 24% increase in the number of workshops (31) and a 14% increase in the number of women (314) reached.
- Two new modules with arts-based activities were developed for women in shelters coping with stress and managing overall health during stressful times
- New partnerships were developed with agencies and organizations that serve immigrant, newcomer women and women in the shelter system.
- PPT's satellite peer-based education service at the Bay Centre for Birth Control (BCBC) continues to effectively provide sexual health information and education, serving 600 women in 2010/11.
- The BCBC program saw 13 peer educators provide over 950 volunteer hours.
- Evaluations indicate that 97% of women served at BCBC agreed or strongly agreed that after their education session with a peer volunteer they felt able to make better decisions about their sexual and reproductive health.
- In partnership with the 519 and Sherbourne Health Centre, PPT piloted a workshop series called "Sex Talk: A Sexual Health Workshop Series for LGBTQ Women".



- The Sex Talk series provided over 250 LGBTQ women with education and information on a wide range of sexual health needs, from breast health to navigating the health system to romantic relationships to facilitating informed and empowered decision making.
- The Sex Talk series was the only free, ongoing health promotion programming available in the city that targeted LGBTQ women specifically, which resulted in high registration numbers for the workshops and even waiting lists for some sessions.

## PROGRAMMING FOR NEWCOMER YOUTH



- SHARP (Self-Esteem Health Appreciation Respect Project), a multi-week program for youth from newcomer communities focuses on sexual health issues, building healthier relationships, STI information, birth control options, safer sex negotiation, self-esteem building, and peer facilitation skills. Two sessions were offered in the Flemingdon/Thornccliffe neighborhoods, with 21 youth participating. The youth created an online blog and printed zine to showcase their learning, leadership and youth engagement skills.
- SHARP was presented at the Western Canadian Sexual Health Conference as an innovative model of sexual and reproductive health education for newcomer youth.

## PROGRAMMING FOR YOUNG MEN

- The “It’s That Easy” condom use and HIV/STI testing campaign developed by the Young Men’s Peer Project (YMPP) created in 2009 was successfully launched in 2010 with 13 young men performing at the launch with the intent to motivate other young men to demonstrate public support for taking care of their sexual health and to endorse the campaign.
- 27 young men’s sexual health workshops were conducted, reaching 282 men. Workshops were delivered primarily to group homes, shelters and school settings supporting suspended and expelled students. 12 of these workshops were co-facilitated by participants of the YMPP.
- In partnership with Sketch, PPT delivered a sexual health education workshop series in a format that utilized arts-based practice to engage young men in conversation and exploration of their relationship and sexual health issues.

## PROGRAMMING FOR YOUNG PARENTS

- Time Out, a weekly drop-in program which supports young parents, offered 37 sessions, providing a total of 98 hours of programming to an average of 12 participants per session.
- Time Out programming focused on several areas based on the needs expressed by participants. Topics included: Raising Sexually Healthy



Children, HPV, Asthma and Allergies, Drugs and Drug Addiction, Household Safety, Reading with your Children, Children and TV, School Readiness, Navigating the School System, Discipline in Pre-school Children, Immigration and Financial Literacy.

- A Peer Leader initiative was launched at Time Out in the fall to provide an opportunity for group participants to develop leadership skills while actively supporting the delivery of the program. This process was designed and directed by the participants.
- 90% of the participants said that participating in Time Out has increased their self-confidence and also agreed or strongly agreed that they felt better about themselves as a young parent since coming to Time Out. 100% agreed or strongly agreed that they have learned new information about sexual health and been able to make better decisions about their own sexual and reproductive health since coming to Time Out.
- Two sessions of Through Her Eyes were offered to young parents. Through Her Eyes effectively uses expressive arts therapy to explore challenging relationship issues, including abuse and violence, that young mothers and moms-to-be have experienced in the past.
- PPT continues to offer sexual health workshops to young parents in community settings and this year launched a life skills workshop series for young parents.



## YOUTH HIV/AIDS PROJECT



- The Youth HIV/AIDS Project (formerly the Positive Prevention Project) continued in 2010/11. The goal of the project is to increase the knowledge of HIV positive youth about sexual and reproductive health and increase their facilitation and leadership skills so that they, in turn, can educate their peers about HIV and STI prevention.

- 4 HIV-positive youth completed the Youth Advisory Committee (YAC) training. 6 YAC members were active in the project after the training was completed (which included 2 YAC members from the pilot cycle).
- The YAC delivered 8 workshops in the community, reaching approximately 163 youth.
- 98.9% (87) of youth reported an increase in their knowledge of sexual health and HIV/AIDS after having attended a project workshop. 70.5% (62) of youth reported an intention to change their behavior (i.e. more likely to practice safer sex or get tested for HIV or STIs) after having attended a project workshop.
- The Youth HIV/AIDS Project was presented at the Western Canadian Sexual Health Conference as an innovative model of youth engagement and HIV/AIDS programming.

### T.E.A.C.H. (TEENS EDUCATING AND CONFRONTING HOMOPHOBIA)

- T.E.A.C.H. uses an anti-oppression approach to deliver anti-homophobia peer education workshops in high schools and community settings. T.E.A.C.H. trains youth peer facilitators to lead anti-homophobia workshops

that encourage participants to think critically about homophobia and heterosexism in their communities and the issues faced by lesbian, gay, bisexual and transgender youth.

- A total of 20 Peer Facilitators volunteered 188 hours, delivering 163 workshops to 4219 of their peers in schools, shelters, foster homes and community agencies
- An increased media focus on homophobic bullying in 2010/2011 brought T.E.A.C.H. into the spotlight, allowing T.E.A.C.H. to the impact of homophobia, but also increased the profile of the program.
- T.E.A.C.H. responded to an increased number of “train the trainer” requests from Gay Straight Alliances and similar groups within high school settings. Students expressed interest in building capacity to provide anti-homophobia education in their own schools and community settings.
- 75.6% of participants indicating that they now “knew a lot” about homophobia after a T.E.A.C.H workshop and 57.5% of participants indicated that their behavior would change following the workshop, with the most common changes expressed being decreased use of homophobic language and being more respectful of others.



## TRAINING CENTRE

- 17 sexual and reproductive training sessions were delivered to 170 service providers.
- Utilizing the results of an evaluation completed last year, the training centre staffing model was restructured to hire part time administrative support and outsource the training delivery to external consultants. This new model proved to be effective.
- A request was made to the Ontario Trillium Foundation to extend the time line of the end of the grant from January 2011 to July, 2011. This was agreed to by OTF and PPT will wrap up this 3-year project in 2011/12.

## RESEARCH

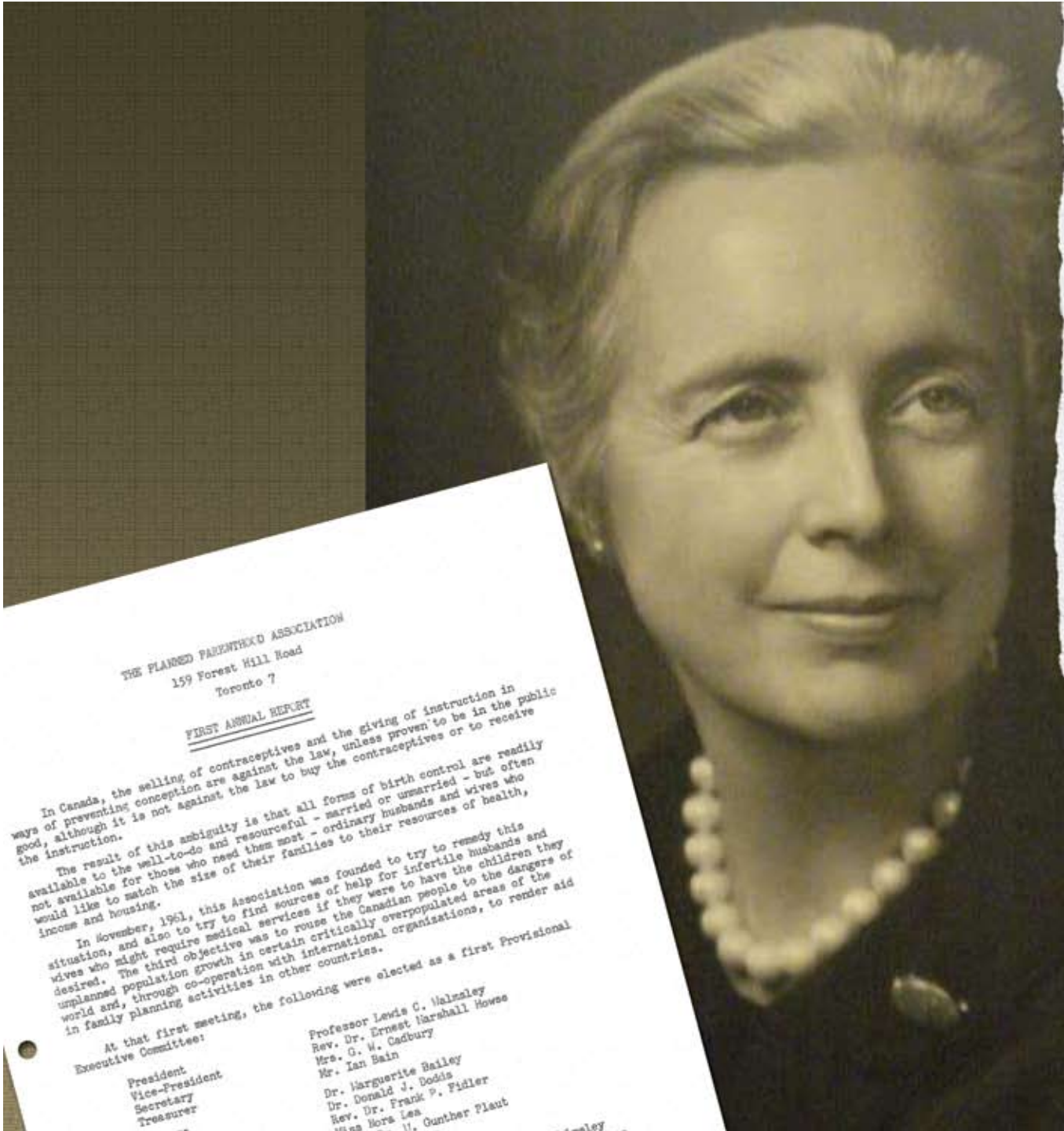
- In 2009, the Toronto Teen Survey (TTS) results were released with recommendations to improve sexual health outcomes for youth aged 13-18. The focus of PPT's work on the TTS in 2010/2011 was on sharing the findings and building the capacity of key stakeholders to respond more effectively to the sexual health needs of youth in Toronto.
- The final three community specific research bulletins (Newcomer, South Asian and Black, African and Caribbean) were completed and community forums were held to launch the bulletins and share findings with relevant service providers and policy stakeholders.

- The Youth Sexual Health Bill of Rights from the TTS final report was translated into six different languages.
- A survey to evaluate the TTS knowledge transfer and exchange initiatives was completed in fall 2010. The survey reached out to people who attended the initial launch, the community forums, or who accessed TTS materials online. Survey respondents indicated that attending TTS events or accessing materials was useful in many different areas including learning something new about youth sexual health and gathering information that will be useful for program planning or implementation.
- PPT partnered with researchers from the University of Guelph in the Young Men and Condom Use Research Project to evaluate an approach to promoting condom use that centred on providing young men with kits of various types of condoms and instructing them to evaluate the condoms for fit and feel via home-based practice sessions. The results of the study indicate that the young men enjoyed participating in the study, learned valuable information about condoms and gained knowledge, skills and confidence regarding condom use. ■



PPT supports the PinkShirtDay Anti-Bullying Campaign





BARBARA AND GEORGE W. CADBURY

Planned Parenthood of Toronto gratefully acknowledges the dedication of Barbara and George Cadbury whose work during the 1960's enabled the Family Planning movement to serve the "public good" in Canada.

THE PLANNED PARENTHOOD ASSOCIATION  
159 Forest Hill Road  
Toronto 7

FIRST ANNUAL REPORT

In Canada, the selling of contraceptives and the giving of instruction in ways of preventing conception are against the law, unless proven to be in the public good, although it is not against the law to buy the contraceptives or to receive the instruction.

The result of this ambiguity is that all forms of birth control are readily available to the well-to-do and resourceful - married or unmarried - but often not available for those who need them most - ordinary husbands and wives who would like to match the size of their families to their resources of health, income and housing.

In November, 1961, this Association was founded to try to remedy this situation, and also to try to find sources of help for infertile husbands and wives who might require medical services if they were to have the children they desired. The third objective was to rouse the Canadian people to the dangers of unplanned population growth in certain critically overpopulated areas of the world and, through co-operation with international organizations, to render aid in family planning activities in other countries.

At that first meeting, the following were elected as a first Provisional Executive Committee:

President  
Vice-President  
Secretary  
Treasurer

Professor Lewis C. Walsley  
Rev. Dr. Ernest Marshall Howse  
Mrs. G. W. Cadbury  
Mr. Ian Bain  
Dr. Marguerite Bailey  
Dr. Donald J. Dodds  
Rev. Dr. Frank P. Fidler  
Mrs. M. Lea  
Mr. H. Gunther Flaut



Before 1969, Canadians still used contraceptives despite the law. Many bought them "under the counter" at drug stores. Condoms, for example, were usually kept in drawers under the counter and customers would have to ask for them specifically. Others were put on display but disguised in coloured paper or mislabelled by manufacturers to avoid breaking the law. ([www.cbc.ca](http://www.cbc.ca))

In 1969, PPT's Board of Directors had 19 members and 20 in 1974/75. Today we have 10.

# JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Staff sell baked goods to raise funds for United Way



**United Way**

*Wed. Feb 18 / 76.*  
**Planned Parenthood belongs in United Way: President**

The recommendations of the admissions committee dealing with the application of Planned Parenthood of Toronto to membership in the United Community Fund have been made public. Each accepted organization in the United Com-

munity Fund must have a clearly stated purpose and function within the field of voluntary health and social services, and must be responsible for the planning and provision of these services.

The melding of an organization to the fund begins with the admission process through a committee appointed annually, made up of approximately 15 voluntary members.

The admissions committee, after examining whether or not the organization meets the criteria, makes its recommendation to the board of trustees which, in turn, has the final decision on the admittance of the proposed organization.

If accepted, the new member

organization is placed on a three year probationary period.

The present admission committee met in November, 1975, for the purpose of reviewing the application of Planned Parenthood. Five meetings of the committee were held to study material submitted by Planned Parenthood.

In addition, three on-site visits to Planned Parenthood's facilities were made by admissions committee members. Briefs were also received from member and other interested organizations.

The admissions committee in making its recommendation for Planned Parenthood's acceptance to membership, believes the fund membership must be broad enough

to encompass organizations of different philosophies which may quite appropriately take different approaches to current social issues.

We live in a pluralistic society where various groups of people with widely divergent moral or religious views and values have learned to live in harmony with one another.

The United Community Fund must support the tradition of defending the rights of all community groups to hold their beliefs and opinions and at the same time to deliver or obtain services they require within the context of the laws of Canada.

**BARRIE D. ROSE**  
 President  
 United Community Fund  
 of Greater Toronto

**PPT is a proud United Way Member Agency.**

Birth control was legalized in Canada in 1969. Before this, dissemination of information about birth control was 100% illegal and therefore had legal ramifications. Providing this information was deemed "obscene".

In 2000, in collaboration with the Anne Johnston Health Station, launched "SexAbility" to provide sexual health information to people with mobility disabilities. In 2003, the program moved to AJHS permanently.

# F E B U A R Y 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Family Day	21	22	23	24 PPT becomes a United Way member in 1976.	25
26	27	28	29			

CANADA'S NATIONAL MAGAZINE

MARCH 21 1984

# MACLEAN'S 15c

## BIRTH-CONTROL EXPLOSION

continued from page 16

The anticontraceptive laws: a harsh penalty to the very poor, a joke to almost everyone else

Bill Seeks To Legalize Birth Control

Birth Control Laws 'Archaic'—Minister

Ottawa (CP)—A bill to legalize

A CATHOLIC LAYMAN SPEAKS OUT:

**OUR BIRTH CONTROL LAWS SHOULD BE REPEALED**

HEADLINES

PEER PRESSURE

"Am I Getting Through To You?"

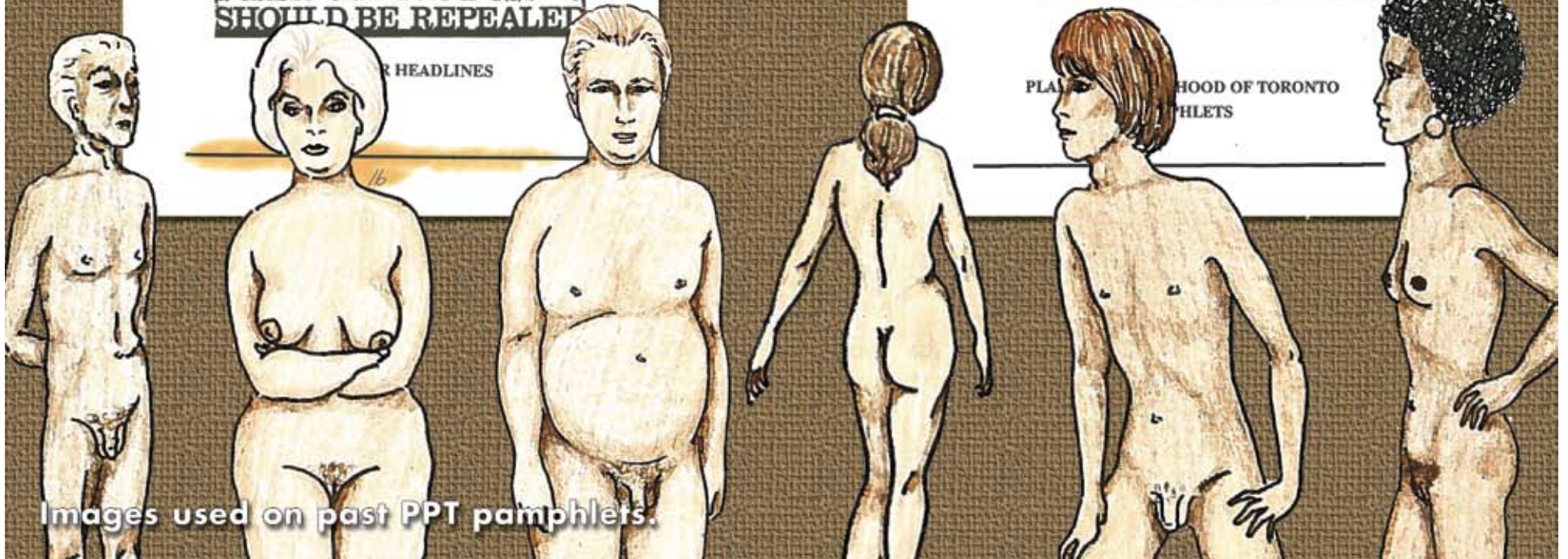
Birth Control Methods



TALKING OPENLY ABOUT A.I.D.S.

INFORMATION FOR PARENTS

PLANNED PARENTHOOD OF TORONTO



Images used on past PPT pamphlets.

In 2005, The SallyPaC (Pills and Condoms) is made available to clients who choose the birth control pill or the patch for the first time. Support for this unique initiative is through the Sally Bowen Fund, a restrictive fund established by PPT and funded by friends and family of Sally Bowen, a former PPT volunteer who passed away in 2002.

In the 1970's PPT had information booths at the CNE.

# M A R C H 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 St. Patrick's Day
18	19	20 First Day of Spring	21	22	23	24
25	26	27	28	29	30	31

Our client waiting area, then and now



In April 2004, PPT participated in the March for Women's Lives in Washington, DC.

In April, 2010 PPT celebrates T.E.A.C.H.'s sweet 16 birthday.

In April 2009, PPT received funding to offer a health promotion program for youth who are HIV+.

In 1993, we launched the "Teen Sex InfoLine".

In 1969, PPT distributed almost 10,000 membership brochures!

# A P R I L 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Good Friday Passover begins	7
8	9	10	11	12	13	14 Passover ends
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Public Awareness Campaigns

**F\*CK  
WITH THIS**

Use a condom to help lower your risk of coming in contact with an STI.



Check your nuts.

Regular check-ups with your doctor can help prevent health issues before they become problems.

Take control of your health.

To keep mentally and physically healthy call Planned Parenthood's Community Health Centre. The House at 416-927-7171 or visit [www.ppt.on.ca](http://www.ppt.on.ca).



**MYTH** Showering protects you from Sexually Transmitted Infections (STIs)



**JACKET YOUR WACKIT**

**FACT:** A shower is not protection from STIs or HIV. Use condoms every time for oral, vaginal and anal sex, to help lower your risk of coming in contact with an STI.

For free condoms and sexual health information call The House Community Health Centre 416.927.7171 or visit [www.ppt.on.ca](http://www.ppt.on.ca)



Get tested.

Not all sexually transmitted infections are this easy to spot. Many have no symptoms. You may be at risk. Between 13 and 25? Get a fast, free and confidential test by calling the House Community Health Centre.

416.927.7171



[ppt.on.ca](http://ppt.on.ca)

The House Community Health Centre is supported by the Government of Ontario. It is a program of Planned Parenthood Toronto, a United Way Agency. Created by New North Communications Inc.

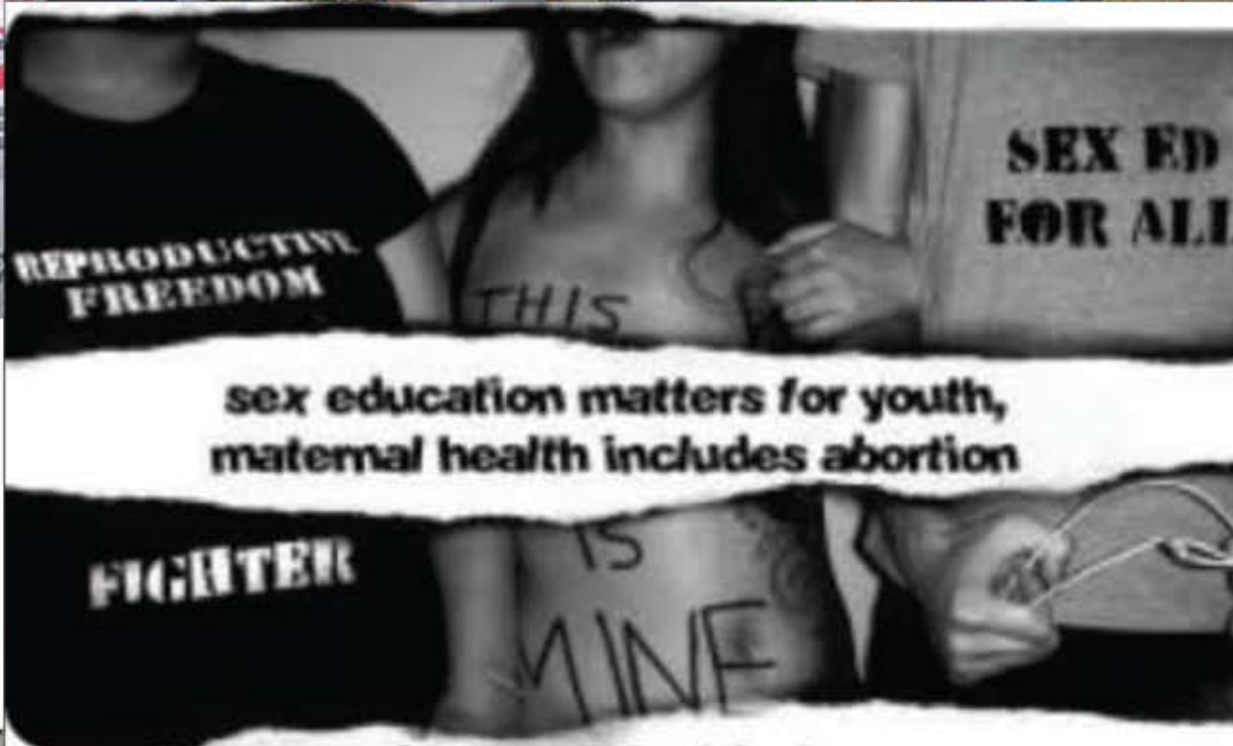


Canadians have proven to be ahead of their time: by the 1920's and 30's, a growing birth control movement was already forming.

In 2008, PPT conducted the women who have sex with women community consultation and released the "Disengaged Report". In May, PPT, as a member of the Queer Women's Health initiative, a partnership with Sherbourne Health Centre, Rainbow Health Ontario and Women's College Hospital, launched a Pap Test awareness campaign for women who have sex with women.

# M A Y 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21 Victoria Day	22	23	24	25	26
27	28	29	30	31		



In 2010, PPT co-organized a Rally for Reproductive Justice.

PPT has received BHO accreditation three times: in 2002, 2005, 2008 and we are awaiting results from our 4th accreditation

In 1975, the total number of clients seen was 2008. In 2010/11, the number was over 8480.

In 2003, T.E.A.C.H. wins the City of Toronto Access & Equity Award and is selected as an Honored Group by PRIDE Toronto.

# J U N E 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Father's Day	18	19 In 2010, PPT participates in the Rally for Reproductive Justice.	20 First Day of Summer	21 National Aboriginal Day	22	23
24 PRIDE begins	25	26	27	28	29	30



Pride  
TORONTO



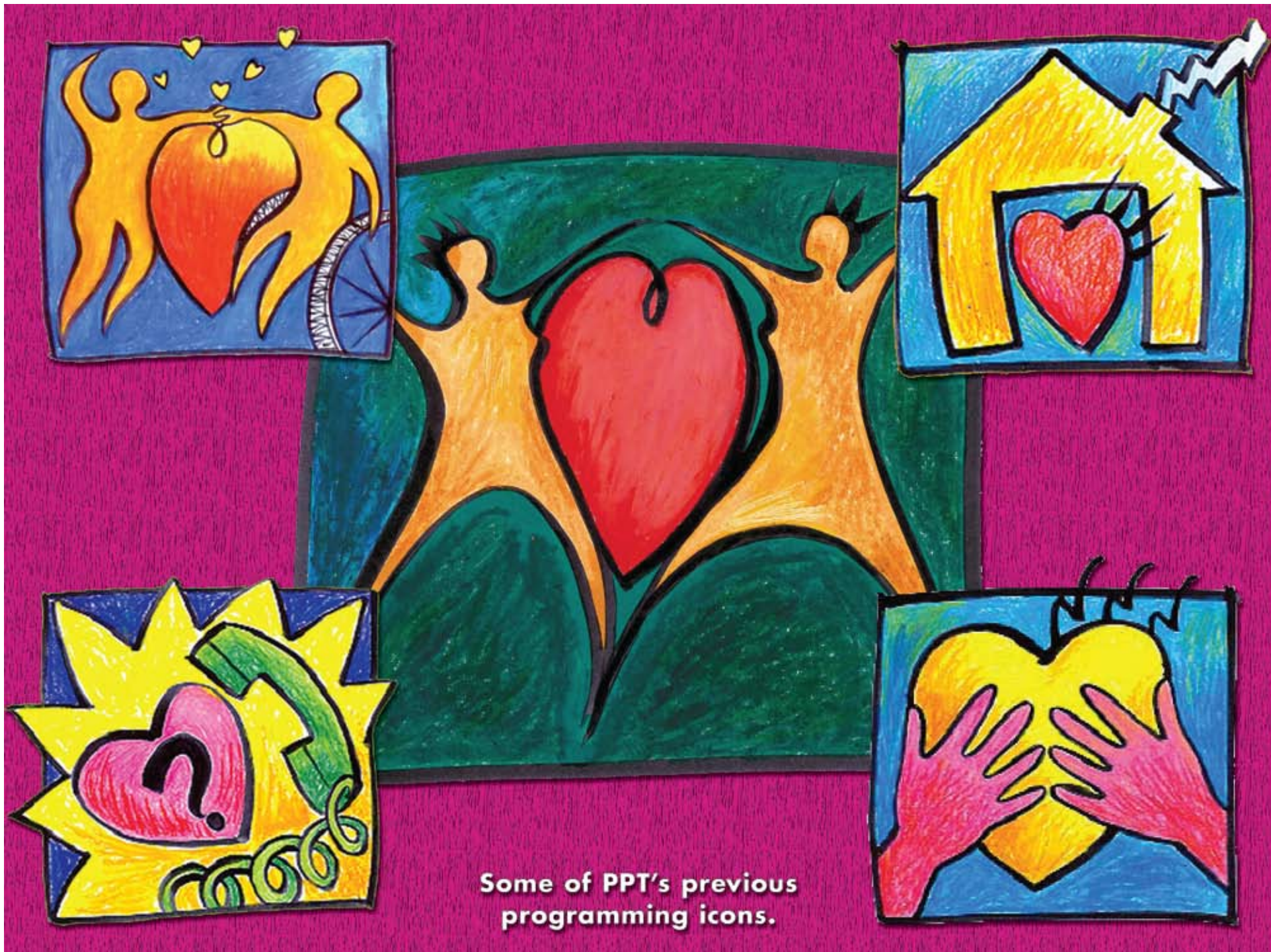
PPT celebrates PRIDE every year.

In 1998, PPT developed the magazine "Word in the House", which featured content written by youth for youth.

In 1990, PPT became a Community Health Centre (CHC) for youth 13-25. Since then, the number of CHCs serving marginalized populations in Ontario has increased to more than 100.

# J U L Y 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Canada Day	2 Statutory Holiday	3 PRIDE ends	4	5	6	7
8	9	10	11	12 In 2007, our Training Centre begins offering training sessions to service providers.	13	14
15	16	17	18	19	20 Ramadan begins	21
22	23	24	25	26	27	28
29	30	31				



Some of PPT's previous programming icons.

In 1997, we incorporated the highly successful and well known T.E.A.C.H. program.

From 1972-73, the number of calls received to the Info Line was 2, 328.  
In 2010/11, the number of youth who accessed our Teen Sex InfoLine, was significantly less, which to us, highlights the increase in use of social media and the internet as a research tool.

In 1998, The House CHC begins to offer anonymous HIV testing in partnership with the Hassle Free Clinic.

# AUGUST 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Civic Holiday	7	8	9	10	11
12	13	14	15	16	17	18
19 Eid-UI-Fitr	20	21	22	23	24	25
26	27	28	29	30	31	

Some of PPT's logos throughout the years.



Planned Parenthood  
of Toronto



planned  
parenthood  
TORONTO



THOSE WHO  
MADE  
A DIFFERENCE  
FAMILY PLANNING IN ONTARIO,  
AN OVERVIEW

PLANNED PARENTHOOD  
OF TORONTO





In 1962, PPT received \$100 in donations. By June 1969, the amount donated rose significantly to \$6921.81 – a huge amount for over 40 years ago!

In September 2009, PPT launched a Mobile Health Unit, a recreational vehicle retro-fitted with an exam room to provide sexual and reproductive health services to youth and women accessing shelters. The Mobile Health Unit was made possible by a generous bequest from Catherine Cragg.

In 2000, PPT held the “Sex Ed. In the City” a training seminar and launched the first edition of “TheSexEducator.”

# S E P T E M B E R 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3 Labour Day	4	5	6	7	8
9	10	11	12	13	14	15
16 Rosh Hashanah begins	17	18 Rosh Hashanah ends	19	20	21	22 First Day of Fall
23	24	25	26	27	28	29

Program Promotion over the years.



Young parents, young expectant parents & friends, 25 & under!  
Do you need a ...

# TIME OUT?

A laid-back drop-in where you can relax, chat and listen to music.



**Date:** Weekly, starting Wednesday, Nov. 1  
**Time:** 5 p.m. to 7 p.m.  
**Place:** Trinity Spadina Early Years Centre  
(486 Shaw St., near College and Ossington)  
**For more info, call 416-961-0113 ext. 239**

**FREE STUFF!**  
Food, childcare, TTC tokens, and support with housing, school, legal issues and other life stuff.

community initiative of Planned Parenthood, Early Years Two and C.N.C.P., Trinity Spadina Early Years Centre.



## Through Her Eyes:

Building Healthy Relationships Through Art



**When:** Mondays 11am-2pm, beginning March 3, 2008  
**Where:** 180 Bloor St. W., 12th floor  
Near St. George Subway Station (Map on back)

Light lunch, TTC tokens and childcare subsidy will be provided for each session.

Through Her Eyes is an 8 week closed group for young moms and expecting moms 25 and under. Learn what it takes to build respectful relationships through all kinds of art. Get the info and support you need.

Contact Lorena at 416-961-0113 x239 or [lorcald@ppptnca.org](mailto:lorcald@ppptnca.org) for details  
Registration is required as space is limited.



In 1975, PPT opened the Barbara Cadbury Library that housed many books, articles journals. Today, our information is available online because that's what our clients want.

October -PPT launches "Hear Me Out" a book of personal stories challenging homophobia from T.E.A.CH. volunteers published by Second Story Press.

In 2001, The Teen Sex InfoLine launched Spiderbytes.ca and changes its name to the "Teen Sex Information Program".

# O C T O B E R 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Thanksgiving Day	9	10	11	12 In 1961, the first meeting of The Planned Parenthood Association of Toronto took place on this day.	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			

Very early PPT documents.

THE PLANNED PARENTHOOD ASSOCIATION

FINANCIAL STATEMENT  
(November 15, 1962)

BALANCE FORWARD (October 15, 1962)		\$ 233.56	
RECEIPTS (membership fees)	\$ 90.00		89.85
(less bank exchange)	15		323.41
EXPENDITURES			
Domar Duplicating - Newsletter	\$10.16		
North Toronto Herald - Newsletter cover	\$35.73	- 45.89	
			277.52
BALANCE (November 15, 1962)			

CHEQUES ISSUED BUT NOT YET PRESENTED FOR PAYMENT

Mrs. G. W. Cadbury - (postage & supplies)	\$20.00	
Canada Stamp & Stencil - Rubber Stamp	3.48	- \$ 23.48

Note: The costs for printing the Newsletter include the cost of making a zinc "cut" of the illustration and the printing of the front cover in 2,500 copies - sufficient for about 8 issues of the Newsletter. Thus, the total cost shown - \$45.89-is not the cost of one issue but includes part of the cost of the next 8 issues.

*[Signature]*  
Treasurer.

69 Marcus Boulevard,  
Scarborough,  
November 15, 1962

Wal 55931  
222  
Perry.

PLANNED PARENTHOOD ASSOCIATION  
OF  
TORONTO

At a recent meeting of interested persons a steering committee was formed for the purpose of preparing a constitution and organizing a meeting to found the Planned Parenthood Association of Toronto.

The purposes and aims of the proposed association can best be summarized by quoting the preamble to the constitution: "The Planned Parenthood Association of Toronto is an educational, non-profit association whose purpose is to promote the understanding and adoption of family planning and to encourage good citizenship through responsible family life".

You are cordially invited to attend a meeting at the United Church Building at 85 St. Clair Avenue E. (committee rm. 3, third floor) on November 6 at 8.00 p.m.

The purpose of the meeting will be to adopt a constitution, to elect officers and a committee to carry forward the work of the association and to approve of such other things as may be necessary to promote the aims and objectives of the association.

In addition to the business part of the meeting there will be an interesting address on the need for a planned parenthood association in Toronto.

The steering committee would welcome nominations for the committee and officers and would also welcome the names of volunteers who are prepared to assist the association in the future. If you wish to nominate any person for the executive or volunteer to help please call the chairman or secretary named below.

We look forward to meeting you on November 6 at 8.00 p.m.

Yours very sincerely,  
Roger Wilks, Chairman  
Mrs. George Cadbury, Secretary

- Steering Committee
- Roger Wilks, Chairman WA 5-4056
- Mrs. George Cadbury, Secretary HU 9-9124
- Mrs. George Cadbury, Secretary  
Member of Governing Council, International Planned Parenthood Federation
- Rev. Frank P. Fidler  
Associate Secretary, Board of Christian Education, United Church of Canada

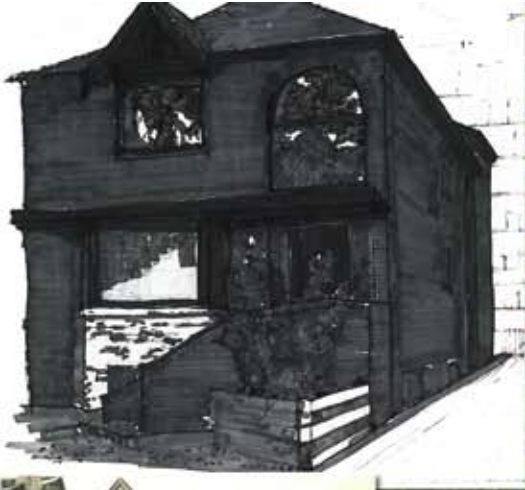
Wal 55931 - 222

In 1975, PPT's partnership with the Bay Centre for Birth Control (BCBC) begins and has been our longest standing partner! Thank you to BCBC for your continued support.

Many birth control methods in use today are actually adaptations of early types of birth control which include animal dung, sponges, pomegranates, silk paper and intra-cervical stems.

# N O V E M B E R 2 0 1 2

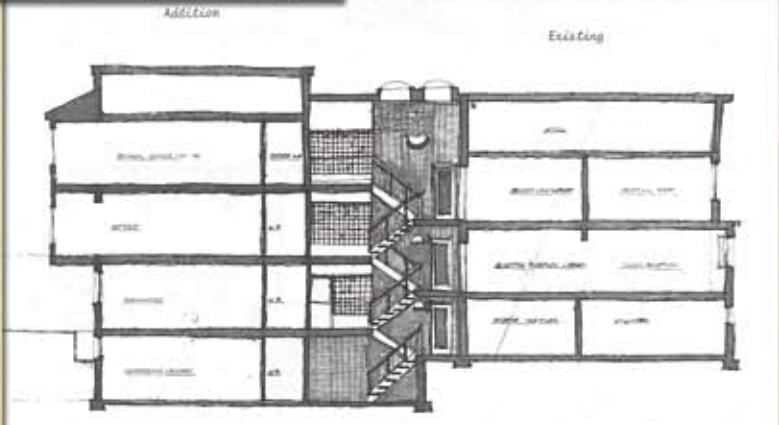
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 Remembrance Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



**A COMPLETE CO-ED HEALTH SERVICE.**

- Nutrition • Acne • Information • Family Problems
- School Projects • Sports Injuries • Referrals

TO CARE • TO SHARE • TO UNDERSTAND *The House*  
366 Prince Arthur Ave. 927-7171



In 1969, contraception was suddenly no longer “an offense tending to corrupt morals.” When the Criminal Code was amended, Pierre Elliott Trudeau, Prime Minister at that time, had the last word: “The state has no business in the bedrooms of the Nation”

During the general election of 1963, Planned Parenthood of Toronto organized a massive write-in campaign to decriminalize birth control; one MP said he had received more letters on this subject than on any other (except for the new Canadian flag)!

# D E C E M B E R 2 0 1 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 New Year's Eve					1
2	3	4	5	6	7	8 Chanukah begins
9	10	11	12	13	14	15 Chanukah ends
16	17	18	19	20	21 First Day of Winter	22
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29

## VISION

A future of sexual and reproductive choice, freedom and possibilities.

## MISSION

Planned Parenthood Toronto is a community-based, pro-choice agency committed to the principles of equity and to providing accessible and inclusive services that promote healthy sexuality and informed decision making to the people of the City of Toronto.

## EQUITY VISION

Planned Parenthood Toronto is committed to being an agency that values and reflects the diverse communities of Toronto. We recognize that equity is not just about equality. Equity is access to high quality, unique programming and services that respect your choices and meet your differential needs. Equity is ensuring that community input informs what we do and guides us to take action for social change that benefits you.

## VALUES AND PRINCIPLES

- Healthy sexuality is an important part of life;
- Individuals have the right to control their lives and to make informed choices regarding their sexuality and reproduction;
- Sexual and reproductive rights must be protected;
- A respectful, confidential, non-judgmental and inclusive environment is important to offering effective services;
- Input from clients, staff, volunteers and community partners informs the work we do and inspires us to innovate and take action for social change;
- Providing responsive, client-centred services means being Pro-Choice, Youth-Positive, Women-Positive, Sex-Positive and Lesbian Gay Bisexual Trans Queer-Positive;
- Providing accurate and understandable information empowers individuals to make informed choices;
- Maintaining transparency and fulfilling our accountabilities to our many stakeholders will support their continued trust in us;
- A healthy, engaging, collaborative and safe work environment is vital to our success and is the best way to demonstrate that we value our staff, students and volunteers.





# FINANCIAL STATEMENTS

## STATEMENT OF REVENUE AND EXPENSES YEAR ENDED MARCH 31, 2011

These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2010 to March 31, 2011. Complete audited financial statements are available upon request.

REVENUES	HEALTH SERVICES	CAPITAL	OTHER PROGRAMS	TOTAL
<b>Toronto Central LHIN</b>				
- base	\$2,312,173	-	-	\$2,312,173
- sessional fees	3,738	-	-	3,738
<b>MOHLTC—Physician Compensation</b>	31,643	-	-	31,643
<b>Department of Public Health</b>	-	-	117,708	117,708
<b>United Way of Greater Toronto</b>				
- Annual base allocation	-	-	218,175	218,175
- Donor choice designation	-	-	7,122	7,122
<b>The Ontario Trillium Foundation</b>	-	-	35,700	35,700
<b>Ontario HIV Treatment Network</b>	-	-	-	-
<b>M.A.C. AIDS Foundation</b>	-	-	7,000	7,000
<b>Public Health Agency of Canada</b>	-	-	77,978	77,978
<b>WSW</b>	-	-	1,500	1,500
<b>Other Project Revenue</b>	-	-	-	-
<b>Donations and Grants</b>				
- Individuals and Corporations	-	-	20,517	20,517
- Foundations	-	-	380	380
- Major Gifts	-	-	500	500
<b>Items for Sale, Workshops</b>	-	-	138,640	138,640
<b>Other Income</b>	250	-	13,612	13,862
<b>Investment Income</b>	550	-	4,023	4,573
	<u>\$2,348,354</u>	-	<u>\$642,855</u>	<u>\$2,991,209</u>



EXPENSES	HEALTH SERVICES	CAPITAL	OTHER PROGRAMS	TOTAL
<b>Salaries and Benefits</b>	1,837,608	-	476,185	2,313,793
<b>Building</b>	97,280	-	27,355	124,635
<b>Outside Services</b>	132,598	-	2,785	135,383
<b>Supplies and Equipment</b>	198,552	-	80,044	278,596
<b>Administrative</b>	34,888	-	13,082	47,970
<b>Cost of Items for Resale</b>	-	-	124,273	124,273
<b>Fundraising</b>	-	-	11,046	11,046
<b>Non-insured</b>	36,753	-	-	36,753
<b>Amortization</b>	-	37,673	-	37,673
	<u>\$2,337,679</u>	<u>\$37,673</u>	<u>\$734,770</u>	<u>\$3,110,122</u>
<b>Excess of Revenues over Expenses</b>	<b>\$10,675</b>	<b>(\$37,673)</b>	<b>(\$91,915)</b>	<b>(\$118,913)</b>
<b>Amount Repayable to Toronto Central LHIN</b>				
- Ministry of Health and Long-Term Care	(1,890)	-	-	(1,890)
<b>Excess of Revenues over Expenses, net</b>	<b>\$8,785</b>	<b>(\$37,673)</b>	<b>(\$91,915)</b>	<b>(\$120,803)</b>



## OUR STAFF AND SUPPORTERS

### Board of Directors 2010–2011

- Robert Drynan, Chair
- Michelle Benson, Vice Chair
- Chris Meier, Treasurer
- Nicole Anthony, Secretary
- Jennie Cross
- Zak Bailey
- Karen Li
- Heather Hansen
- Jennifer Crawford
- Lisa McLaren

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- Amandeep Panag
- Amber Anklesaria
- Andrea Lobo
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- Ayesha Jabbar
- Camilla George
- Cheryl Dobinson
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- Cindy Weeds
- Claire Laing
- David Udayasekaren
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- Danielle Pearson
- Susan Flynn
- Ko Clementson
- Viola Antao
- Arti Mehta
- Lauren Moses-Brettler
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### Major Donors

- Anthony & Janet Burt
- Beverly Chernos
- Bill & Linda Saul
- BMO Employee Charitable Foundation
- Chris & Tiffany Meier
- Randee Pavalow
- Robert & Helen Hansen
- David Krieger
- Debby Copes
- Gaye & Andrew Stein
- G.W. Cadbury Charitable Trust
- James Saloman
- Women's Care Clinic
- Margaret Marco

### Funding Partners

- Toronto Central LHIN
- United Way Toronto
- Ontario Trillium Foundation
- Public Health Agency of Canada
- Community One Foundation
- Canadian Institute for Health Research
- Ontario HIV Treatment Network
- MAC AIDS Fund

THANK YOU!

## SUPPORTING PLANNED PARENTHOOD TORONTO

Our donors, the generous foundations and individuals who feel strongly that sexual health care and education are important for the women and youth of Toronto, are key to Planned Parenthood Toronto's success. While we delivered many successful programs and services for youth and women last year, there is so much more that the community needs.

PPT offers donors a number of options to continue to support our important work:

### Annual Gifts

You can make general gifts, or gifts for a specific purpose or program, at any time throughout the year. Gifts will receive a tax-receipt subject to CRA regulations.

### Monthly Giving

Become a monthly donor and feel good about your gift year round. Our monthly giving program is a safe, secure, and convenient way to put your money to work. As a monthly donor, your pledge will be automatically processed each month. You will receive an annual tax receipt in total value of all of your donations at the end of the year.

### Bequests

These are gifts made through your will and are the most common form of planned gifts. You can give a specific piece of property, a specific sum of money, or a percentage of your estate. It's important to choose the planned giving option that is best for you. PPT recommends that you speak to an attorney and/or financial planner to help you decide and make the necessary arrangements for you to begin your legacy.



### Gifts of Stock

Donating appreciated stocks, bonds and mutual funds is the most tax-effective way to make a gift to a registered charity. Whether you donate cash or appreciated securities, you will receive a tax receipt that creates a tax credit.

### Honorary or Memorial Giving

Celebrate a special individual in your life by making a gift in their honour or memory. PPT can arrange for a card with a personalized message to be sent to anyone you would like notified of your gift.

### Foundations and Corporate Support

To learn more about PPT's work and opportunities for foundation and corporate support, please contact **shobbs@ppt.on.ca** or call **416-961-0113**.

To make a secure donation online please visit [www.ppt.on.ca](http://www.ppt.on.ca)



# From choice, a world of possibilities.

**Planned Parenthood Toronto**  
36B Prince Arthur Avenue, Toronto, ON, M5R 1A9  
**[www.ppt.on.ca](http://www.ppt.on.ca)**

PPT is a United Way member agency. Funding for PPT has been provided by the Toronto Central Local Health Integration Network.

