

IMPACT REPORT

2022



THE WILLOWS
FAMILY LIFE CENTRE
GIVING • HOPE • TODAY

PROVIDING HOLISTIC CARE TO FAMILIES IN LANGLEY

The Willows Family Life Centre exists to bring holistic wellness to families and individuals in the Langley Community. We opened our doors at Unit 103-5735 203 St in January of 2021. Our foundational program is our **Pathway of Hope** family support model. This program, which is used by Salvation Army Community and Family Services nation wide, is based on meeting the physical, mental/emotional, and spiritual needs of families. This is done through one on one support with our Casework Team. We assist families with housing, food security, counselling, childcare, community connections, budgeting, taxes, spiritual care and more - depending on needs identified.

To date we have served over 10 families in their individual journey finding hope and wellness. We are currently working with 5 families as we enter the 2023 year.



"PATHWAY OF HOPE HELPED ME REACH MY GOALS WITH THE SUPPORT OF PEOPLE WHO LISTENED AND WERE KIND TO ME. I WOULD RECOMMEND THIS PROGRAM TO ANYONE, ESPECIALLY A SINGLE MOM WHO NEEDS SUPPORT. I AM PROUD OF WHAT I HAVE ACCOMPLISHED." - ASHLEY

PICTURED ABOVE: PATHWAY OF HOPE GRADUATE ASHLEY AND DAUGHTER NYLA WITH OUR CASEWORKER SUSAN TANAKA.

FAMILY LIFE PROGRAMMING

The Family Life Centre seeks to meet the needs of our local community by offering an array of programs that will offer a safe space partnered with good education and curriculum for all ages of family members. These programs are often attended by those involved in our Pathway of Hope Program, but are also open to referral from other Family Service Program Providers in Langley. We have seen a steady increase in growth in each program we have offered over the course of 2022.

BRAVE

Brave seeks to empower female identifying individuals between the ages of 12-18. The program also offers age appropriate education on the matter of human trafficking not only locally, but globally. In 2022 we hosted 55 participants and 25 volunteers for our BRAVE catalytic event in February. This was followed by 16 girls involved in our 9 week mentorship/journaling circles in the spring. In August we accompanied 22 participants to our BRAVE Camp at The Salvation Army Camp Sunrise in Gibsons, BC. We are gearing up for our 2023 Event on Feb 25, 2023 with a goal of 75 participants!



PEACE PROGRAM

The Prevention, Education, Advocacy, Counselling and Empowerment Program for Children and Youth Experiencing violence is a free, confidential program across BC for children and youth aged 3-18 who have experienced violence against women. Our PEACE program runs twice yearly in a group format. Mothers and children are welcomed with a family meal, and following the children attend a 40 minute psycho educational session in age appropriate groups while the mothers are welcomed into a support circle that offers discussion on topics like anxiety, bullying, self care, and grief. Our program is facilitated by 6 volunteers and 4 Family Life Centre staff. In 2023 the program was offered in the Spring and Fall and served 13 families and 25 children.



RED CAP/TASK

Red Cap and Task are both 6 week programs that focus on anger and emotion management. Red Cap is for ages 8-12 and TASK for ages 12-18. Our 2022 year saw these courses being offered online a total of 7 times and served 75 children and teens. This program is facilitated by Willows Family Life Centre Staff. In 2023 we have started to move towards an in person model of offering this program in schools. We are currently at HD Stafford with the TASK program and 8 participants.



TRIPLE P PARENTING

Triple P Parenting Program focuses on positive parenting skills that encourage change in both the behavior of children and parents. Our Triple P Program runs online for 8 weeks and was offered 3 times in 2022 with 8-10 parent participants each course. Parents walk away equipped to make positive changes in their homes. Referrals to this program are either self, or come from other social service agencies and family support workers in our Langley community. This course is facilitated by 2 Willows Family Life Centre Staff members. Staff have completed training in Triple P for children 0-12 and recently completed Triple P for Parents of teens.



RENT-SMART

Rent Smart program believes in the transformative power of education to help individuals and families to improve and maintain their housing. The Family Life Centre started offering this program in September of 2022 and saw two successful participants. Rent Smart is offered on an as needed basis and will continue to be run at the Centre or in partnership with outside organizations. This group is facilitated by a trained staff member from the Family Life Centre.



WILLOWBUDS PARENT AND TOT PROGRAM

Willowbuds started in Pastor Renee's living room in 2016 following a huge baby boom in The Willows Church congregation. There was a need for a place for Parents who were home to connect and engage with other parents, and allow for free play for toddlers and infants. Within 2 years we had moved this group to Fort Langley Lions Hall and created a community space to start reaching parents beyond the church. Fast-forward to today and we have a community of over 650 families connected to Willowbuds online via Facebook, and we have numbers of up to 120 at our drop in programs that run bi-weekly out of our Centre. Willowbuds consists of free play (fine and gross motor skill development options), crafts, music and circle time, as well as healthy snacks. We also provide a top of the line coffee/treat bar for our parents! Willowbuds will continue to keep running through 2023 - we are always on the look out for volunteers!



THE WILLOWS TOY LIBRARY

A toy library is just like a library, but for toys and all things baby and kids! Get board games, Fisher Price sets, puzzles, outdoor toys, and more. This program is wonderful for parents who just want to switch things up every once in a while, but also for daycare professionals, foster parents, or agencies who are in need of boredom busters. Our toy library has been open since Spring of 2021 and continues to run Wednesday and Friday mornings for pick up and drop off at the Family Life Centre. We currently have 100 families registered and accessing this great community resource!

SOME OF OUR PROGRAMS ARE OFFERED ONCE PER YEAR TO MEET NEEDS THAT ARE SEASONAL.

CHRISTMAS SPONSORSHIP

- The Willows Family Life Centre sponsored 15 families (26 children) with full Christmas Support (food security, gifts and stockings for all family members)
- 31 Families from Nigeria were provided gift cards to ensure food security as well as access to a toy donation from community partners.
- 20 Single Mother families at the local YWCA housing were provided gift cards to assist with food security.

SUMMER DAYCAMP

- The Willows Family Life Centre sent 10 children to Camp Sunrise fully covering camp cost and transportation for a week long holiday camp.
- The Willows also sent 22 young female BRAVE participants to camp, 75 percent received grant funding through The Willows and our Divisional Youth Dept.

SUMMERCAMP SPONSORSHIP

- Offered in July and August as a program to meet childcare needs in Summer time for families.
- 5 student staff were hired to organize and run daycamp with funding provided by Canada Student Jobs.
- We ran 6 weeks of daycamp and served over 50 children with 15 -20 campers weekly - many campers attending multiple weeks.

FUNDRAISING

This Christmas the Willows Family Life Centre under-took two major fundraising campaigns to help cover the cost of our Family Life Programming. We also received donations from community sources to contribute to our client assistance budget.

CHRISTMAS KETTLE CAMPAIGN

Our Christmas Kettle Campaign kicked off on Nov 26, 2022 and ran Wed - Sat until Christmas Eve. We had 4 kettles out in the community in Fort Langley, Brookwood, Aldergrove, and Langley City. We also had QR codes placed in local businesses in and around Langley that encouraged people to scan and donate. Almost 40 volunteers were involved in standing on our kettles in varying shifts of 2-6 hours. Our total monies raised as a result of our Kettle campaign was \$11,000.

SANTA SHUFFLE

This Christmas season, in partnership with the Running Room Canada - The Willows Family Life Centre hosted a 5k Santa Shuffle and 1k Elf Walk. This was a family friendly event that saw over 200 community members and volunteers join together at Blacklock Elementary School. With a pancake breakfast, and Santa at the finish line - this event was a hit. Our total monies raised as a result of our Santa Shuffle was \$4000.00

COMMUNITY DONORS

This year we received a total of \$4000 in direct donor relations for use in our Family Life Centre Programming, some of these donations being specifically designated for Client Assistance at Christmas (ie hampers).

