

**MANANTIAL  
NEIGHBOURHOOD  
SERVICES**

**CONTACT US**

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Manantial Neighbourhood Services

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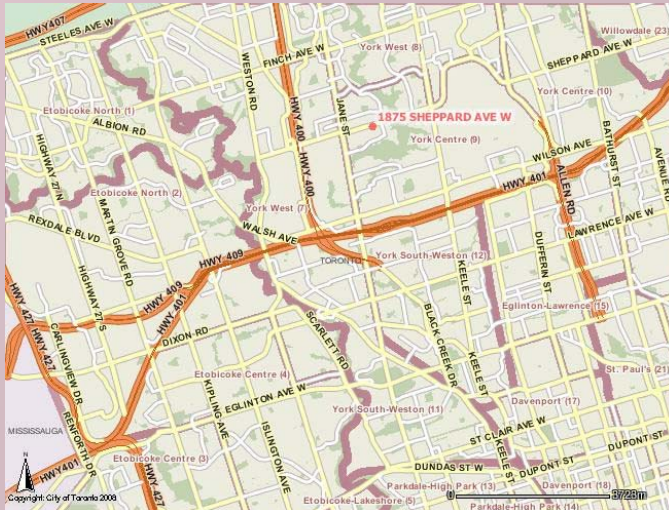
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# Manantial Neighbourhood Services

## 2009 Annual Report



*Diversity, Support, Healing, Equity, Friendship, Love*

*A Place where Youth, Women and Seniors flourish!*

**Charity Number 82415 1070 RR0001**

# A MESSAGE FROM THE EXECUTIVE DIRECTOR...

This past year has been a very productive and rewarding one at Manantial. Once again, we were very fortunate to have on board with us a diverse team of supportive board members, talented, dedicated staff, and motivated volunteers.

MNSI continued to receive support and assistance from the Government of Canada and City of Toronto, and we were also blessed with a tremendous amount of financial and “in-kind” support from churches, individuals and other organizations, all of which contributed toward making this a year of positive development and change in the lives of individuals and families. Without this network of support, it would be impossible for us here at Manantial to operate the kinds of programs and services we did this past year, and upon which so many have come to rely.

This past year, MNSI led a program catered to young people and their parents which focused on issues relating to anti-racism, anti-violence, trust and peer support building as well as establishing leadership skills. In addition, the contributions made by an enthusiastic group of seniors at Manantial were very much in evidence again. Seniors gathered together this year in harmony in a welcoming space where they had the opportunity to develop and increase their skills and contribute to our society through the writing of articles and the production of seasonal newsletters. Furthermore, MNSI’s staff was able to offer one-on-one counseling, as well as family counseling, to a greater number of women, youth and families than ever before. Manantial’s programs have allowed us to strengthen our partnership with many organizations in our community.

On behalf of the Board, I wish to thank all the organizations that have partnered with us throughout this year to make it a year of growth and much success. With your help, we have been able to impact the lives of so many, both young and old.

Sincerely,

Belkis Fernández  
Chief Executive Director

## MEMBERS OF THE BOARD OF DIRECTORS:

<b>Belkis Fernández</b> Executive Director	<b>Jonathan Mousley</b> Chair of the Board	<b>Carlos Jerez</b> Treasurer
<b>Rossana Lopez</b> Secretary	<b>Maira Jimenez</b> Community Advisor	<b>Felix Sano</b> Fundraising & Special Events

## Manantial Neighbourhood Services Inc. Statement of Operations and Fund Balance

For the year ended September 30, 2009

	2009				2008
	CAPITAL ASSETS FUND	GENERAL FUND	RESTRICTED FUND	TOTAL	TOTAL
<b>REVENUES</b>					
Government Grants	\$ -	\$ -	\$ 12,671	\$ 12,671	\$ 20,000
Gifts from Charities	-	25,564	-	25,564	11,986
Gifts from Foundations	-	10,000	-	10,000	5,000
Fundraising	-	6,800	-	6,800	6,500
Donations	-	1,231	-	1,231	1,824
Donations in Kind	-	970	-	970	770
	-	44,565	12,671	57,236	46,080
<b>EXPENDITURES</b>					
Administration	-	21,731	-	21,731	13,587
Amortization	2,003	-	-	2,003	4,091
Fundraising	-	1,750	-	1,750	2,023
Program costs	-	-	19,792	19,792	7,750
Salaries and benefits	-	17,822	-	17,822	7,717
	2,003	41,303	19,792	63,098	35,168
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES</b>	<b>\$ (2,003)</b>	<b>\$ 3,262</b>	<b>\$ (7,121)</b>	<b>\$ (5,862)</b>	<b>\$ 10,912</b>

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

See Audited Financial Statements dated September 30, 2009  
Copies of the Audited Financial Statements available on request.

Johnson & Robinson Professional Corporation  
Chartered Accountants



A GLANCE THROUGH THE YEAR 2009

YOUNG PEOPLE IN MOTION

Diving Deep Youth Support Group and Parenting Support

The communities which Manantial serves have recently seen an increase in violence, some of it linked to racism and discrimination. With support from the City of Toronto’s Access, Equity and Human Rights program, Manantial conducted the second phase of its successful “Diving Deep” youth support program. This anti-racism and anti-discrimination program was held between April 2008 and April 2009, with another program being held again from September 2009 to June 2010.

During the April 2008-April 2009 program, a series of workshops were offered on a weekly basis, with approximately 15 immigrant youth present. The purpose of those workshops was to educate the youth about racism, discrimination and violence prevention, addressing topics such as racial stereotyping, positive support behaviour and anger management, bullying, peer pressure, intimidation and self-esteem. Many immigrant parents are unfamiliar with the particular stresses facing their children in a new, multi-cultural society. In order to foster more harmonious/violence-free communities, Manantial ran the parenting program “What About Your Kids” as a parallel program to the “Diving Deep” program. This project assisted 15 parents to understand these stresses and helped their teenage children to address and channel these stresses appropriately. The “What About Your Kids” parenting support program provided active support to parents through workshops on stress and anger management, age-appropriate discipline, parent leadership, communication and depression. An additional component of the “Diving Deep” and What About Your Kids” programs is one-on-one and family counseling available to participants. Manantial seeks to improve parent-teen and teen-peer relationships by offering this counseling to all who request it.



Manantial is very fortunate to have a welcoming space for youth where they can receive continue and ongoing support, learn and build confidence and have a really great time together!

ANNUAL GENERAL MEETING AND FUNDRIISING DINNER

“Together we are Better”

In November 7, 2009 Manantial held its sixth Annual Fundraising Dinner and General Meeting at the Emerald Hills Golf & Country Club. During the meeting, 150 attendants had an opportunity to hear about the positive impact of MNSI programs in the lives of youth, women, immigrant families, and seniors in our community.

A group of youth from MNSI’ youth program had the opportunity to perform a drama to the song of "How come how long" by Babyface, that portrayed issues in our society related to violence and discrimination. The youth overwhelmed the audience with a message against all types of violence and at the same time encouraged society to stand up and help those who are in the midst of violence. The youth who participated in this drama created the movements and felt that the issues of violence and discrimination needed to be portrayed through their performance. In particular, one youth from the group expressed that his idea of racism and discrimination had changed, and that through the weekly group meetings that we had, he was able to shape his identity and feel accepted in his community. The youth program has been a success because we not only discussed prominent issues in our society, but we also found ways on how to deal with them. The youth who participated in this program also expressed that they felt part of the solution to the issues we see around us.

Thanks to all the people who join us every year in helping us reach out to our community. Also, we would like to thank those who attended the lovely dinner and heard our plans for the upcoming year.

Once again, we thank Mr. Felix Sano, the Club’s Executive Chef, for his exquisite cuisine and the supporting team who made the event such a great success!



Viviana Astudillo is a young and extraordinarily talented Toronto artist that participated in MNSI’s Annual Gala Dinner, where she produced a painting for the auction that was held.



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Manantial Neighbourhood Services Inc.  
Statement of Financial Position

As at September 30, 2009

	2009				2008
	CAPITAL ASSETS FUND	GENERAL FUND	RESTRICTED FUND	TOTAL	TOTAL
<b>ASSETS</b>					
<b>CURRENT</b>					
Cash	\$ -	\$ 11,116	\$ 33,427	\$ 44,543	\$ 15,636
Interfund receivable	-	1,714	-	1,714	-
	-	12,830	33,427	46,257	15,636
<b>Capital assets (Note 1)</b>	<u>7,037</u>	<u>-</u>	<u>-</u>	<u>7,037</u>	<u>7,326</u>
	<u>\$ 7,037</u>	<u>\$ 12,830</u>	<u>\$ 33,427</u>	<u>\$ 53,294</u>	<u>\$ 22,962</u>
<b>LIABILITIES AND FUND BALANCES</b>					
<b>LIABILITIES</b>					
Accounts payable	-	4,212	843	5,055	2,575
Interfund payable	-	-	1,714	1,714	-
Deferred revenue (Note 2)	-	-	32,000	32,000	-
	-	7,474	34,557	38,769	2,575
<b>FUND BALANCES</b>					
Surplus, beginning	7,326	5,356	7,705	20,387	9,475
Capital assets acquired	1,714	-	(1,714)	-	-
Excess revenues over expenditures	(2,003)	3,262	(7,121)	(5,862)	10,912
	7,037	5,356	(1,130)	14,525	20,387
Surplus, end	<u>7,037</u>	<u>5,356</u>	<u>(1,130)</u>	<u>14,525</u>	<u>20,387</u>
	<u>\$ 7,037</u>	<u>\$ 12,830</u>	<u>\$ 33,427</u>	<u>\$ 53,294</u>	<u>\$ 22,962</u>

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

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## Educational Classes about Diabetes

Recent statistics have shown that diabetes is particularly threatening to the health of the Latin community and is having devastating consequences amongst members of this community in Toronto. In an effort to provide information about diabetes and diabetes prevention, **Black Creek Community Health Centre and Manantial** partnered in a series of educational workshops. The workshops were held in the month of June. About forty people received information on the prevention and treatment of diabetes. During this time, various topics were addressed, including how to maintain a healthy diet, engaging in physical activities (exercises), how to monitor glucose in the blood, how to properly care for feet, how to properly manage stress, and the correct use of medicines. All this information was supplied by a dietitian and a nurse with a specialization in diabetes care.

## Thank You! “Many Thanks”

### FUNDING, PARTNERS & DONORS

Manantial is extremely grateful for the contributions made by our funding partners and for the financial assistant from individuals, families, staff, foundations and community organizations, as well for the in-kind donations .

It is through the support of funding partners and donors, and through the hard work and dedication of staff and volunteers, that Manantial has been able to continue its mission of service. Thank you!

### THANK YOU, VOLUNTEERS!

Volunteering is a great way to become more involve in your community, meet new people and help youth, women, seniors and new immigrant families in need to transform their lives. Manantial is able to function with the determined support we receive from a multicultural group of volunteers, college and university students who bring hope and friendship to those around.

Manantial is committed to provide our volunteers and students with a rewarding experience by offering opportunities to grow and develop their workplace skills. Heartfelt thanks to MNSI Board of Directors, as well to our forty volunteers and students for your effort, loyalty and perseverance.



## Seniors’ Program: Enjoying the Golden Age

In an effort to increase the seniors’ social participation in the community and to reduce their isolation, Manantial, in partnership with other agencies, delivered a successful senior’s program entitled “Enjoying the Golden Age”. More than 90 seniors participated in the program in 2009, increasing their leadership and communication skills. These seniors are now better equipped to participate and play a leading role in their local community.

The activities of the program were socially interactive and also included educational workshops. The workshops were focused on topics such as pension plans, income security, usage of debit cards, public transportation, accessing affordable housing, and seniors’ safety among others.

The seniors developed articles and produced seasonal newsletters, and took photography lessons and basic computer instruction classes. They visited Multicom Media (publisher of the *Correo Canadiense* and other newspapers) where they learned about collecting information, newspaper design, editing work, and the printing process. The seniors also visited local parks (the Toronto Botanical Gardens and High Park) where they developed and practiced their photography skills. In addition, the seniors held a Christmas celebration during which they were able to share their experiences.



Each generation goes further than the generation preceding it because it stands on the shoulders of that generation. You will have opportunities beyond anything we’ve ever known.  
**Ronald R.**



## AIDS Prevention Campaign

The incidence of HIV-AIDS in the Latin American and Caribbean immigrant communities in Toronto is relatively high and growing. In this light, Manantial, along with support from the City of Toronto's Department of Public Health, has developed an educational program entitled **"What You Don't Know CAN Hurt You."** With the involvement of 146 participants and the assistance of other organizations, Manantial, through the assistance of a qualified health worker, was able to conduct 12 informative workshops and provide one-on-one counseling to adults (mostly women) and seniors about this illness and its consequences, how to prevent it, and how to share information with loved ones. Our hope is to diminish the increase of this illness in our immigrant community.

**Being informed is a key to being healthy!**

## 2009 Annual Health Fair

On August 28<sup>th</sup>, Manantial held its Third Annual Health Fair. The event's success was made possible because of the dedicated work and support of the Immigrant Women's Health Centre's (IWHC) mobile clinic, and MNSI staff, volunteers and the 75 members of our community that attended.

Approximately 20 women benefited from the exceptional services provided by the Mobile Clinic which allowed health exams and PAP tests (for the early detection of the cervical cancer).

IWHC offers free services in various languages to immigrant women through their Mobile Clinic.

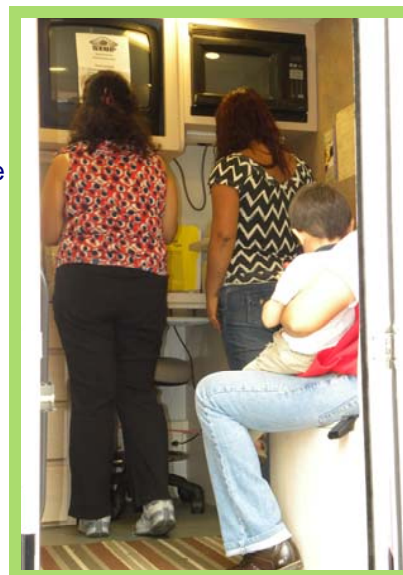
Through workshops and displays, attendees were also provided with relevant information about sexual diseases prevention, diabetes prevention, Nutrition and a Fire prevention workshop for young mothers.

Our heartfelt appreciation to agencies such as Black Creek Community Health Centre, Toronto Public Health and Immigrant Women's Health Centre for their continuous support.

Special thanks to Dr. Erin Johnston, Anna Cioffi and Lina Rodriguez for their exceptional work and the commitment with the community we served.



"Success of any community initiative depends greatly on those working to provide these important services as well as external support for the greater society"



## Support for Young Mothers

This past summer, MNSI provided two programs to young mothers to give them the necessary tools and resources to help them in their journey toward becoming successful mothers:

### No Body is Perfect

In July and August, fifteen young mothers attended workshops hosted by Manantial in partnership with Rexdale Community Centre. These workshops focused on topics such as children's growth and development, health and illness prevention, first aid and prevention of accidents. A program entitled "Thinking, Feeling and Playing" was designed to teach the young mothers how to resolve behavioural problems presented in the development of their children.

### Peer Nutrition Program

Approximately thirty people benefited from the Peer Nutrition Program (PNP) provided by the Toronto Public Health Department. During September and October, the PNP provided workshops for young mothers' with children aged 6 months to 6 years old. The workshop themes included how to maintain a healthy diet for the whole family, introduction to solid foods from liquids, and the nutritious content of food and a family's budget. Child care was also provided to facilitate the assistance of mothers with small children and, at the end of the program, certificates were presented to the participants.

