



Strengthening our community through  
counselling, support and education.



# 2013

## Annual General Meeting of Family Services of the North Shore

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[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

### Tuesday, June 11, 2013

Registration 4:00 pm

Meeting 4:30 – 6:00 pm, Reception to follow

### Pinnacle Hotel at the Pier, Pinnacle Three

128 Victory Ship Way, North Vancouver, BC

Parking off St. Georges Ave., North Vancouver

By attending our AGM you will get an opportunity to meet our Youth Leadership Advisory Board (Youth LAB), a cross section of innovative grade 11 and 12 students from across the North Shore.

At this year's AGM we will also honour our Palliative and Support Care Volunteers who have played a key role in caring for and supporting patients and their families at Lions Gate Hospital for the past 32 years. You will also have an opportunity to learn more about Family Services of the North Shore and meet our Board of Directors and staff.

### Please join us on Tuesday, June 11, 2013

Annual Program Reports and Financial Statements will be available online following our Annual General Meeting.

### RSVP before June 7

[dcowden@familyservices.bc.ca](mailto:dcowden@familyservices.bc.ca)

or 604-982-2087

*Guests Welcome*



*Caring for our Community*



# 2013

## Message from the President and Executive Director

We are very proud of all we have accomplished over the last year at Family Services of the North Shore and know that none of it would be possible without our generous donors, corporate partners, passionate volunteers, and exceptional staff. Working together we have been able to provide counselling, support, and education services to over 7000 people in our community. A client in our counselling program said it well,

“ I have struggled all my life, and because this program is affordable, I am improving with therapy and I am very grateful! ”

Over this last year we have continued to provide innovative, quality services while laying a new foundation that will ensure we are meeting the evolving needs of our diverse community. We welcomed Julia Staub-French into her new role as Executive Director on July 1, 2012. Julia previously held the position of Clinical Director and brings her deep understanding of the issues facing our community to her leadership of the Agency. Our Board of Directors is in the final stages of approving our new 2013-16 strategic plan which sets the Agency on a path towards greater financial sustainability, community engagement, innovative programming, and public policy influence. We are now using our website and social media sites (facebook, twitter, linkedin) to bring awareness to our programs and education to our stakeholders.

We have just completed our third accreditation through the Council on Accreditation (COA) with our reviewers telling us that “the strength of your services are a benefit to the community and you are poised to do great things.”

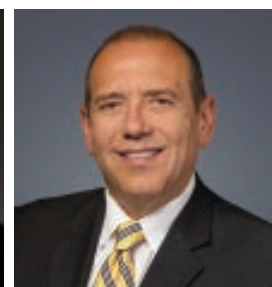
We could not agree more.

We continue to be in awe of the incredible work being done by over 300 volunteers on behalf of our Agency and community. This year we welcomed 10 new talented and committed volunteers to our Agency as part of our Youth Leadership Advisory Board (see next page). We also learned that after 32 years of partnership with Lion’s Gate Hospital providing volunteer coordination services for the Palliative and Supportive Care program that Vancouver Coastal Health had decided to consolidate the program within their existing services. While this has been an “ending”, we agree with many of our long standing volunteers that we should see it as an opportunity for expansion of the volunteer program into the community.

Thank you again for all your support and involvement with Family Services of the North Shore. We are so fortunate to work within a community that is concerned for the most vulnerable, confident that change is possible, and committed to supporting programs that truly make a difference in so many lives.



**Julia Staub-French**  
Executive Director



**Bohdan Bodnar**  
Board President



for over 60 years we have assisted

 **7000+**  
families & individuals

### 2012/2013

#### Agency & Foundation Board

*~ constituted under the BC Society Act.*

#### Bohdan Bodnar

President, Agency Board  
Director, Foundation Board

#### Sue Chow

President, Foundation Board  
Past President, Agency Board

#### Susan Green

Director, Agency  
& Foundation Board

#### Nancy Harrison

Treasurer, Agency & Foundation Board

#### Coryn Hemsley

Director, Foundation Board

#### Darlene Kennedy

Director, Agency Board

#### Kim Larsen-Mellor

Director, Agency Board

#### Graham McIsaac

Director, Agency Board

#### Cynthia Orr

Director, Agency Board

#### Alison Parry

Director, Agency Board

#### Bruce Sanderson

Director, Agency Board

#### Ross Stringer

Director, Agency Board

# youth LAB



## Meet our Youth Leadership Advisory Board!

We are very excited to have our Youth Leadership Advisory Board (Youth LAB) volunteers speak at our June 11th Annual General Meeting! They are a socially minded, creative, and smart group of youth from across the North Shore. Please come join us!

These 10 amazing youth leaders have been working with our counselling staff since September and have developed a video presentation that will educate other

youth about mental health issues. They will be sharing the video and their insights with us at the AGM.

The Youth LAB has been an important initiative for Family Services of the North Shore. We decided over a year ago that we needed to find a better way to reach youth with mental health issues. We could have tried to figure it out ourselves, but we thought lets go straight to the experts!

.....  
A big thank you to Cisco and the North Shore Auto Mall for their incredible support of the Youth LAB!  
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Funding by  
  
Foundation



## Leaders in Mental Health Services for Children and Youth

Did you know that 25% of youth are impacted by anxiety, 14% by mood disorders, and 11% by depression? That suicide is the second leading cause of death for youth in British Columbia? Or that 33% of girls and 24% of boys will be sexually abused before the age of 19?

There are over 30,000 school age children and youth on the North Shore. If we consider the statistics and do the math, it means that thousands of children, youth and their families are struggling with significant mental health issues right here in our own community.

Our counsellors are leaders in mental health counselling services who provide exceptional services to children and youth age 2-19.

They are kind, warm, creative and fun. They use art, play, games and words to help kids learn to cope with their problems or heal from abuse. They help kids feel safe enough to talk about what happened to them.

We know that children and youth who access our services get better, but we are still concerned about the ones who we haven't been able to reach yet. This concern motivated us to create our first ever Youth Leadership Advisory Board, who are helping us create outreach strategies through videos, social media and presentations to reach other youth in our community. We are confident that as leaders in mental health we can change the course of a child's life.

## Jessie's Legacy Eating Disorders Prevention Program

We took a significant step in our prevention services with our Jessie's Legacy Eating Disorders Prevention Program. Check out our online resources at [www.jessieslegacy.com](http://www.jessieslegacy.com) and join our facebook page to learn about disordered eating, healthy body image & self esteem, resiliency and media literacy. You can also find resources for parents, professionals and educators.

[www.jessieslegacy.com](http://www.jessieslegacy.com)





## Palliative and Supportive Care Volunteers

**THANK YOU** to all our committee chairs, volunteers, donors and corporate sponsors for your generous support of our signature and community events.



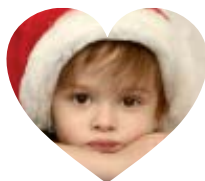
### Winter Family Ball

Our signature gala fundraising event to raise money for innovative, affordable, quality programs and services for children and youth.



### Christmas on the Shore

An intimate evening at The Beach House Restaurant in support of the Christmas Bureau.



### Christmas Bureau Toy Drive

A community supported toy drive held at the Northshore Auto Mall.

We recognize the continuing contribution of the City of North Vancouver, District of North Vancouver, District of West Vancouver and the financial assistance of the Province of British Columbia.



Charitable Registration #'s: FSNS Foundation 864745575RR0001 \* FSNS 119061240RR0001

#101 - 255 West 1st Street, North Vancouver, BC V7M 3G8 t: 604-988-5281 f: 604-988-3961

[www.familyservices.bc.ca](http://www.familyservices.bc.ca) | [www.need2talk.ca](http://www.need2talk.ca)

### Agency Agenda

- Call to Order
- Approval of Minutes from June 05, 2012 AGM
- Approval of the Audited Financial Statements
- Appointment of Auditor
- Election of Directors
- Recognition - Board, Volunteers and Staff

### Agency Foundation Agenda

- Call to Order
- Approval of Minutes from June 05, 2012 AGM
- Approval of the Audited Financial Statements
- Appointment of Auditor
- Election of Directors

### Youth LAB Presentation

Adjournment  
Reception to follow