



# **ANNUAL REPORT**

April 1, 2020 – March 31, 2021

*Celebrating 43* years of caring

**1978 – 2021**

**[www.spec.ab.ca](http://www.spec.ab.ca)**



## VISION

A thriving community of resilient individuals and families

## MISSION

Empowering people with information, family supports and community connection

## Association Values and Beliefs

### We Value:

- Honesty and Respect
- Self-Reliance and Resilience
- People
- Excellence in our Service Delivery
- Confidentiality
- Being a Vital Part of the Local, Regional, Provincial and National Communities

### We Believe all people:

- Have a right to:
  - Well-being
  - Be safe
  - Be Heard
  - Have Hope
- Have the capacity to change
- Need positive relationships

# **SPEC** Volunteer Board Members



**Roberta Rogers**  
Chairperson



**Matthew Hill**  
Vice Chairperson



**Amy Dyck**

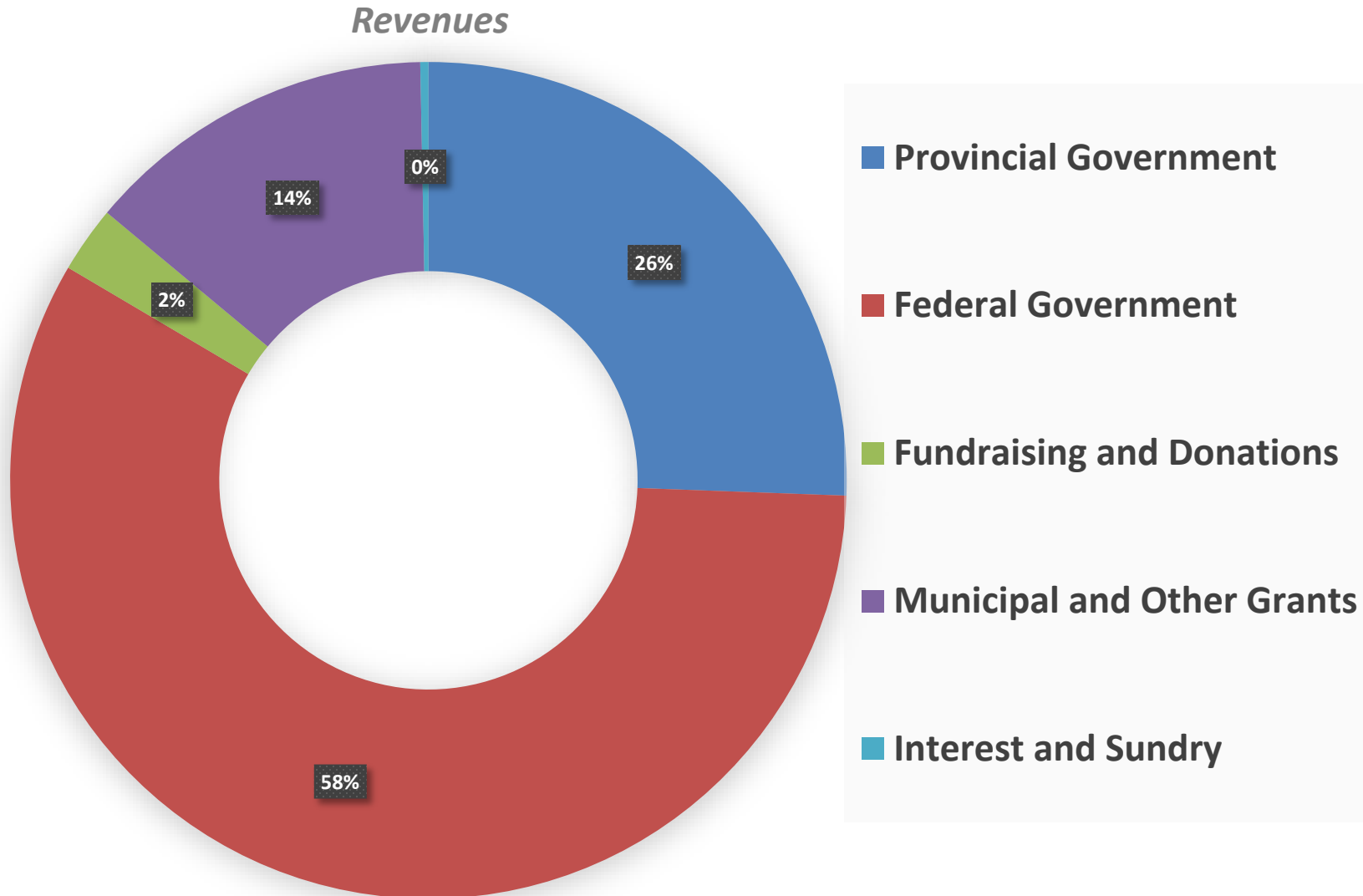


**Richard Mak**



**Pamala Hauser**

# Where does **SPEC** receive its funding?



# Our Funders



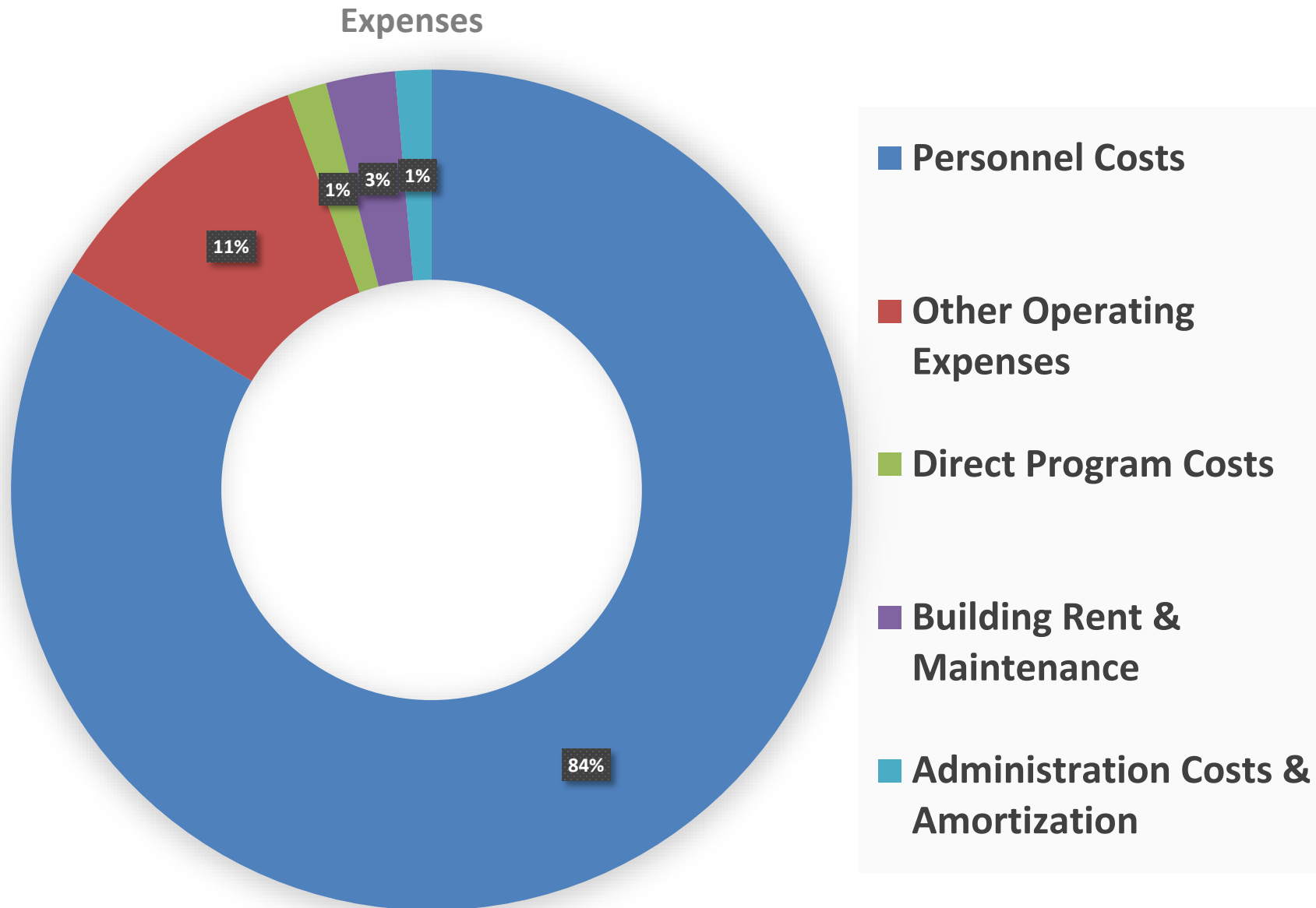
*Alberta's Centennial City™*



Immigration, Refugees and Citizenship Canada

**SPEC** *thanks our financial and in-kind donors who help make what we do possible.*

# Where does **SPEC** spend its money?





## STATEMENT OF REVENUE AND EXPENSES



|                    | 2020<br>-2021 | 2019<br>-2020 | 2018<br>-2019 |
|--------------------|---------------|---------------|---------------|
| Revenue            | \$1,561,510   | \$1,745,311   | \$2,001,057   |
| Operating Expenses | \$1,577,648   | \$1,675,134   | \$1,965,141   |
| Operating Net      | (\$ 16,138)   | \$ 70,177     | \$ 35,916     |
| Amortization       | (\$ 18,551)   | \$ 4,589      | \$ 18,779     |
| Net                | \$ 2,413      | \$ 65,588     | \$ 17,137     |

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# **BROOKS & AREA**

Family Resource Network



## **WE ARE HERE TO HELP!**

### **Community Hub**

The SPEC Hub is part of the Family Resource Network (FRN) providing information, referral and service navigation for families who have children 0 – 18yrs. The FRN supports expectant parents, families, caregivers and communities to support the safety and resiliency of infants, children, and youth within nurturing and supportive environments.

Program and services will:

- support child safety, well-being
- child/youth development
- and strengthen parenting and caregiver knowledge

**Bridges In-Home Support  
(0-18yrs)**



**Parent/Caregiver Education  
(0-18yrs)**



**Building Blocks/Best Babies  
(0-6yrs)**



**Community Services  
(0-18yrs)**



**Home Visitation  
(0-6yrs)**



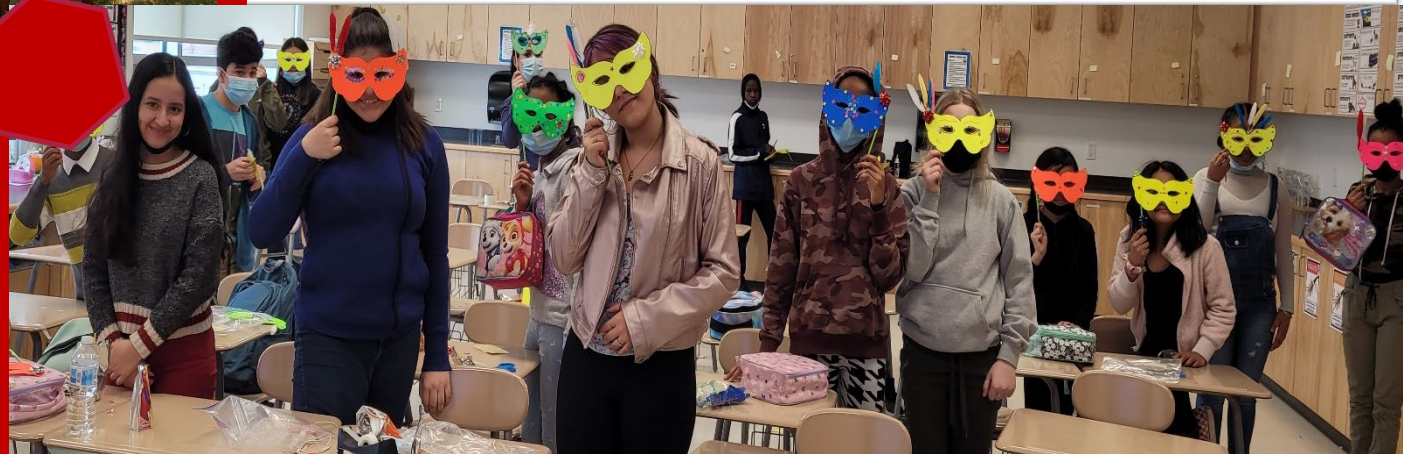
Parents as Teachers.

**Child & Youth  
Skill Development  
(7-17yrs)**



McMan





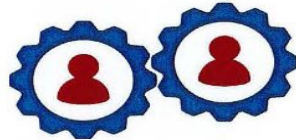
**SPEC**  
**LINKS**  
NEWCOMER SERVICES

The logo features the text "SPEC LINKS" in large, bold letters, with "SPEC" in blue and "LINKS" in red. Below it, "NEWCOMER SERVICES" is written in a smaller, red, sans-serif font. The logo is surrounded by several red hexagonal shapes of varying sizes and orientations, some overlapping each other.

## WE ARE HERE TO HELP!

**SPEC LINKS** offers a wide range of services to newcomer refugee and immigrant individuals, children, and families to support their integration and participation within Canadian society. Services introduce individuals and groups to information and orientation services, and community connections activities. SPEC LINKS offer various life skills activities, encourage community awareness, assist with education and provide referrals to other community resources available in Brooks to meet their clients' needs.

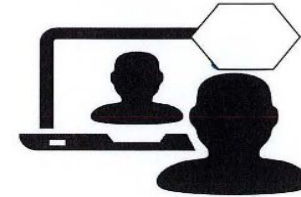
- ~ Newcomer Family Liaison Workers
- ~ Settlement Worker In School (**SWIS**)
- ~ Home Instruction for Parents of Preschool Youngsters (**HIPPY**)



**1,478**  
UNIQUE CLIENTS  
ONE-ON-ONE



**1,068** UNIQUE CLIENTS  
**EDUCATIONAL GROUP**  
**ACTIVITIES/SUPPORT**



**5,221**  
CUMULATIVE CLIENTS



## 22 LANGUAGES

SPOKEN BY LINKS TEAM:

- English
- Hiligaynon
- Russian
- Urdu
- French
- Hindi
- Somali
- Amharic
- Kinaray-a
- Spanish
- Arabic
- Mandarin
- Swahili
- Cambodian
- Oromo
- Tagalog
- Filipino
- Portuguese
- Tigrigya
- Harari
- Punjabi
- Ukrainian

## TOP 12 COUNTRIES

CLIENTS ARE FROM



- Eritrea
- Somalia
- Philippines
- Ethiopia
- China
- El Salvador
- Sudan
- Mexico
- Syria
- South Sudan
- Colombia
- Cambodia



# SPEC

## FIRST STEPS

# PCAP



### WHAT IS FASD?

PERMANENT  
COGNITION  
LIFELONG ALCOHOL  
FETAL FASD  
STRENGTHS DIAGNOSIS LANGUAGE  
BIRTH DIFFICULTIES RISK  
SOCIAL SKILLS SPECTRUM  
PREGNANCY ATTENTION  
MEMORY

### MOCKTAILS

*for every occasion!*



# First Steps

## PCAP

### Parent Child Assistance Program

First Steps welcomes community and self referrals. The First Steps (PCAP) program supports women who are pregnant or up to 12 months postpartum, experiencing issues with alcohol and/or drug use and who would benefit from connections to supports and resources.

#### GOALS OF FIRST STEPS

- ☑ To help mothers build and maintain healthy, independent family lives
- ☑ To assure that children are in safe and stable homes
- ☑ To prevent future births of alcohol and drug exposed children





**PCAP** is able to provide services to women for three years.

By having this length of time, workers are able to build relationships and connect clients and families to available resources that assist them in their journey to stability and healthy living.

**516.5**

**DIRECT CLIENT HOURS**



**9**

**PERSONS SERVED**



**2**

**FILES CLOSED**

**WAITLIST – 4 CLIENTS**

**BROOKS & SURROUNDING COMMUNITY**  
CONFIDENTIAL & JUDGE FREE SERVICES



**FIRST STEPS PROGRAM (PCAP)**

The SPEC Association for Children and Families 327 – 3 St W Brooks AB

Jenelle Heckbert

[jenelle.heckbert@spec.ab.ca](mailto:jenelle.heckbert@spec.ab.ca)

W. 403-362-5056 Ext 222

C. 403-363-4641 – call or text

## First Steps (PCAP) Program – a Free & Confidential Service

Promotion of program through – **42 HOURS**

- short TikTok Videos
- Facebook Videos
- Mocktail Moments to encourage sobriety during pregnancy
- Rural and Brooks

**695**

**KILOMETERS TRAVELLED**



'Support and advocacy for pregnant women who are struggling with alcohol and/or substance use.'

**NO** alcohol during pregnancy is best.



**IS FIRST STEPS FOR YOU OR SOMEONE THAT YOU KNOW?**

- I am pregnant or up to six months postpartum
- I have used alcohol and/or other substances during my pregnancy
- I lack connections to other community services
- I wish to make changes in my life



**SPEC**  
**COMMUNITY**  
**SERVICES**





## WE ARE HERE TO HELP!

**Community Support** staff provide direct client service to adults, age 18+, who are needing supports unrelated to parenting and family issues, who may be facing barriers. General information and advocacy are also available to assist individuals to connect with existing community and/or government resources. Program supports endeavor to help individuals deal with life's challenges by building on existing strengths and increasing personal resiliency

*~ mental health challenges ~ unemployment ~ lack of housing ~ language barriers ~  
~ financial issues ~ education levels ~ literacy ~ physical health challenges ~ addictions*



**SPEC**

**BROOKS & REGION**

**MakerSpace**



# Brooks & Region MAKERSPACE

WE ARE HERE TO TEACH & ENGAGE YOUTH!

**MakerSpace** offers a variety of learning opportunities, programs, workshops and competitions where youth learn to integrate STEM activities while developing meaningful relationships which will assist them in dealing with life's challenges by building on existing strengths and increasing personal resilience. The capacity for youth to acquire and apply knowledge and skills to real world circumstances, under one roof with their peers and volunteer mentors, builds comradery and motivation to help prevent and/or alleviate mental health issues that are common to youth today.





Alone  
We Can Do  
So Little  
Together We  
Can Do So  
Much

- Helen Keller



*Thank you  
from All of us at*  
**SPEC ♥**



**1978 – 2021**     *43 years of caring*