



# THANK YOU!

Calgarians of all ages, backgrounds, and needs have been turning to **carya** for support in times of challenge for more than a century. Last year was no different as many families were pushed to their limit, children and youth needed support, and older adults continued to struggle with the difficulties of aging. The truth of this hit home for me when I realized that one of my own friends reached out to **carya** when she was struggling as a new mom of twins.

It is so easy to become so focused on our own lives that we fail to see those struggling all around us. That is why **carya** exists – to be the ears and eyes in a community for people to turn to when life gets too hard. We not only help them through tough times, we give them tools to rebuild and get stronger, and create their own networks of support.

Your partnership in our work changes lives! For this, we cannot thank you enough. I hope you will be as inspired as I am by some stories of donor gifts at work.

All the best,  
*Jolene Livingston*  
*Philanthropy Committee Chair & Board Director*

## carya is here for FAMILIES

Some youth face daunting challenges with peers, poverty, abuse, negative family dynamics and more. Too often, their families struggle to effectively communicate with and support them. Without help, these challenges can spiral some young people into the worlds of substance abuse, dropping out of school, criminal activities and heightened mental health issues. **carya** is here to support youth and families during these challenging times.

That's why we sought the support of a donor to expand our FFT (Functional Family Therapy) program to help at-risk families with younger kids (ages 7-11) address and manage their issues early. Previously, FFT programs worked only with families with youth ages 11-18. While we continue to work with the older group, we can now get even further ahead of the curve by mentoring families with strategies to prevent some problems from happening in the first place and to become better functioning in the face of challenges.

The donation we received allowed us to train staff in FFT for ages 7-11 in 2016. While traditional therapies tend to see 30-50% of participants reporting positive outcomes, at **carya** 83% of FFT children/youth and 94% of primary caregivers report improvement. That is a win for the children, their parents, and our whole community.

*I contributed to the United Way for years through my workplace match program but I never expected to need any of the community services they support. I am so grateful that **carya** exists. Their staff were amazing and made such a difference in my life as I learned to cope with being a single mom of twins.*

*--Christy*



### *DONOR SUPPORT*

Helped 41 at-risk adolescents & their families work preventatively to reduce school drop out, substance abuse, mental health issues, criminal activities, and family breakdown.

# carya is here for YOUTH

**carya** has been working with young people to build brighter futures for the past 17 years. A key goal of our programs – including Starburst, Sirius and Starbright—is to encourage high school graduation. As part of this goal, we offer a small scholarship for program youth who enroll in post-secondary education. Last year, we provided 21 young women with scholarships and are thrilled that they will become our future nurses, doctors, business women, counselors, and more.

Some of the youth in our programs overcome challenges with peers, body image, poverty, sexuality, bullying, self-harm, abuse to name a few. Thanks to our donors, **carya** staff can help these young people take control of their lives and reach their potential. We are so grateful to our donors—Stantec and L’emba—who support the scholarship program. One of the recipients, Kara, shares what the scholarship meant to her:

“I’m currently enrolled in a business program at SAIT and intend on finishing a degree after this. Being part of Starburst helped me understand that I wasn’t the only one going through difficulties in junior high. Having a safe space to talk with other girls and our facilitator about these things really helped with my self-esteem, and made me realize I could finish school and even pursue a career. I also feel that it gave me opportunities

to meet different kinds of people, be able to listen to their perspectives and have more empathy for others. This scholarship will help with my schooling expenses – specifically my books which are a huge cost. Thanks to you, I can focus on studying instead of working more hours so I can afford my books.”

# carya is here for OLDER ADULTS

The Senior Support Fund at **carya** is a small resource staff can use to help a financially challenged elder with a pressing need. This fund exists because a generous donor in our community wanted to support seniors facing difficult times. Thanks to her, last year we were able to go the extra mile for Jane, a woman experiencing elder abuse. Jane was being served by **carya’s** Elder Abuse Response Team (a partnership with Calgary Police Services) who worked to remove a family member from her home who was abusing her. In order to protect herself, Jane needed to change her locks but did not have the money for it. Our staff were able to access the Senior Support Fund to pay for her locks to be changed that day, assuring her that she was indeed safe in her own home.

## *DONOR SUPPORT*

Provided 21 young women with scholarships to pursue post-secondary education



## *DONOR SUPPORT*

Helped a senior woman feel safe again

# carya is here for CHILDREN & PARENTS

Most strong, resilient kids learn how to thrive from strong, healthy parents. But sometimes even the best intentioned parents are hit by circumstances they don't expect and can't control. Poverty, social isolation, post-partum depression, surgery, the arrival of twins or triplets – these are just a few of the reasons parents of small children approach **carya's** Urgent Family Care Program for support. Our staff step in temporarily to keep households with small children running smoothly when the family encounters a crisis.

A substantial gift from a local group in 2016 allowed UFC to care for 156 more parents and kids than in 2015. That's a 25% increase in services. Mary is one mother who received help.

Mary and her husband emigrated from South America a few years ago. They had no family in Canada and limited social networks. After Mary's son was born, she was diagnosed with post-partum depression and referred to UFC.

When we met Mary, she was very quiet and appeared "blank." Her anxiety and depression were evident. She talked about being extremely tired. Over time, however, she started to open up and talk about her loneliness. She said she longed to see her family, and since her husband was away working long hours, she had no one but her little boy for company.

Over the course of several visits with her **carya** counsellor, Mary's face began to show expression and come alive. With encouragement, she regularly visited her doctor, addressed some problems she'd been avoiding, and eventually trusted someone to watch her baby while she went out for a date night with her husband. By the end of her time with **carya**, Mary said she felt stronger as a woman and as a mother. She smiled regularly, and had a greater capacity to engage with her son and her husband.

## *DONOR SUPPORT*

*Enabled us to assist 156 additional parents and children through a crisis*





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Reach out to **carya's** Philanthropy Department at:  
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strengthening families  
building connected communities  
helping Calgarians reach their potential