



new beginnings
2022 annual report

Our Mission

Provide housing and support for pregnant women and youth experiencing or at risk of homelessness; empowering them to move out of vulnerability and into a healthy and sustainable life for them and their child.

Our Vision

Healthy Mothers and Babies Living in Community



Year in Review

Letter from our Director

Joining Emma House as Executive Director just as this year was coming to an end and spending a good deal of time observing and learning - I can confidently say that this fiscal year brought as many unexpected challenges as it did gifts. Our team saw triumph and tragedy that proved beyond measure that the passion for what we are doing here is stronger than anything put in our way. We learn strength from those we serve. While the biggest risk to Emma House is lack of core funding for our day to day, year over year operations - our biggest assets are those we serve each day and their stories of success and transformation. Emma House resonates with so many, which translates in to the support we need to carry on; I'm confident that our community will ensure that this program continues to serve and impact for as many years as are necessary. Emma House has been entrusted for 30 years with the most precious members of our community - mothers and babies - and we couldn't do this work without the support of our donors and ambassadors.

Tell our story, share our mission - secure our future and the future of those who need Emma House; we are not that far from one another. While I want our residents to be able to see themselves in our community, I want those in our community to see themselves in Emma House - and 'be the change.'



Michelle Narang
Executive Director

Resident Testimony

I want to paint you a picture of two women. The first woman is confident, self-assured, creative, healthy, goal-oriented, dream-driven, a safe and reliable friend, and a capable and loving mother. The second woman is full of fear, and in a place of hopelessness, she doesn't see her son anymore, she has no aspirations, and she is isolated and lonely most of the time. What do these two women have in common? Why do I speak of them both? They are both me.

Hi there, my name is Tiffany and a year ago I began a journey. A journey out of a lifestyle I never thought I could leave, into one of self-transcendence and into motherhood. I guess my journey began long before I decided to get clean. I always sought out new levels of awareness and understanding within myself, but always hit roadblocks due to addictions. When I finally completed my treatment after unexpectedly getting pregnant, I was full of trepidation. My future was unclear and I didn't have any idea what I was doing. Emma House welcomed me with open arms, literally hugging me when they picked me up from treatment. They've given me more than just a roof over my head. They've given me a family. Something I have never really felt much in my life.

They have supported and loved me, while also giving me the time and resources to learn to love myself again. Through the courses offered at Emma House, such as Boundaries, Safe People, Codependency, Nutrition, and Art Therapy, I have really been able to grow into the woman I always wanted to be, but never knew how to become.

Now I know that I am capable of raising a healthy, happy, and well-adjusted child. In a world I can't always control, I finally have the understanding and level of awareness within myself to raise a child that I can be proud of in that world.

Emma House has changed my world and made my son's world a better place.

Program Highlights

In 2022, Emma House provided programmed housing to 14 moms and 14 babies experiencing or at risk of homelessness. With a growing waitlist of 54 expecting mothers, there is a strong need in our community for services such as Emma House. Outside of programmed housing support, Emma House provided 74 moms and their children with life skills training, essential care items, referrals and Christmas gifts through our annual Christmas Campaign.

Our on-site Life Skills programming included:

- Active Parenting (0-5 years)
- Perfectionism
- Boundaries
- CBT Mental health
- Communication and Interpersonal Skills
- DBT Therapy
- Art Therapy
- Positive Parenting
- Financial Literacy
- Nutrition
- Personal Empowerment
- Switch on Your Brain
- Codependency No More

We also continued our Mentoring Mom's program as developed by University of Calgary researcher, Karen Benzies. This includes training volunteers and connecting them with one or more of our mom's to build a long-term connection of support and mentorship.



\$414157.00



Donation Revenue
making up 68% of our
entire operating budget

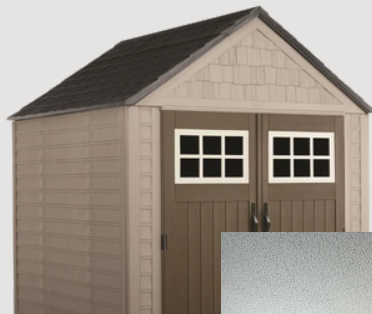


Thank
you!

54
VOLUNTEERS

Emma House *depends* on
the generous support of
our community.

- Renovated & Furnished Life Skills room - Stepping Forward "Network of Friends"
- SOLD OUT Annual Tea Social raising \$13000!
- Many upgrades and gifts made possible through our corporate and community supporters!



Community & Interagency Partners

- AISH
- Alberta Health Services
- Alcove
- Aventa
- Awo Taan Healing Lodge
- Best Beginning Program
- Brenda Strafford Centre
- Calgary Counselling Centre
- Calgary Drop-In Centre
- Calgary Police Service
- Calgary Pregnancy Care Centre
- Calgary Women's Emergency Shelter
- CARYA
- Children's Cottage Society
- Children's Services Alberta
- Connections for Family Society
- CUPS Women's Health Centre
- DDRC
- Discovery House
- Eagle's Nest Shelter
- Elizabeth House
- Employment Insurance Canada
- Gems for Gems - Hope's Cradle
- Highbanks House
- Horizon Housing Society
- Income Supports Alberta
- Inn from the Cold
- Leftovers
- Legal Aid Alberta
- Made By Momma
- Metis Calgary Family Services
- Momentum
- Mustard Seed
- Options Plus
- Oxford House
- Parent-Child Assistance Program - McMan Calgary
- Prenatal Outreach Support Team (POST)
- Reset Society
- Rowan House
- Sagesse
- Deerfoot City
- Future-Now Carpets
- Mango Tango Interiors
- WestJet
- Jasmine Molina Photography
- SCOPE
- Second Harvest
- Sonshine Community Services Calgary
- Sunrise Healing Lodge
- SORCe Calgary
- Trellis
- Vecova
- Vulnerable Populations - COVID Response Working Group
- Wheatland Community Crisis Shelter
- YWCA - Sherriff King Homes



- The Christian Reformed Church of Granum
- River Park Christian Reformed Church
- Maranatha Chris Reformed Church
- Christian Stewardship Service
- Charitable Impact Foundation
- ATCO Gas EPIC
- Poelman Apiaries Ltd
- Empire PPE & Supply
- Shape Property Management
- High River CRC
- Maranatha Chris Reformed Church
- Cobb Adventure Park
- Bethel United Church of Calgary
- Covenant Christian Reformed Church
- Emmanuel Christian Reformed Church
- Trinity Reformed Church
- The Christian Reformed Church of Granum
- River Park Christian Reformed Church
- NorthernStar Mothers Milk Bank
- Field Stone Fruit Wines
- Aura Advanced Technologies
- Spit 'n Shine Auto Detailing
- Lumenox
- Purses of Hope
- The PJ Project
- Soap for Hope
- Experience Church

Major Donors

Canada

Summer Jobs Program

Women and Gender
Equality



The Fowler Family

Walsh Falkenberg Fund

The Visser Family



Thank You!