



ASSOCIATION OF
NEIGHBOURHOOD
HOUSES BC



Mount Pleasant
Neighbourhood House

2022 Annual Report



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ABOUT US

Mount Pleasant Neighbourhood House (MPNH) is an integral part of the diverse, vibrant and most multicultural neighbourhood in Vancouver. We envision ourselves as a community thriving in connection, celebration, engagement and leadership. Our dedicated and engaged staff provide programs and services for more than 4,500 people annually, from more than 40 countries of origin. We work with a wide range of funders, community partners, as well as a strong volunteer base to offer community-oriented events and activities that meet the needs of the neighbourhood's always changing population.

CONNECTION, CELEBRATION, ENGAGEMENT, LEADERSHIP.

WE LIVE AND WORK ON THE TRADITIONAL, ANCESTRAL AND UNCEDED TERRITORIES OF THE XʷMƏΘKʷƏYƏM (MUSQUEAM), SƜXWÚ7MESH (SQUAMISH) AND SƏLILWƏTƏ (TSLEIL-WAUTUTH) PEOPLES.

VISION

A community thriving in connection, celebration, engagement and leadership

MISSION

Mount Pleasant Neighbourhood House plays a leadership role in building a healthy and engaged neighbourhood by connecting people and strengthening their capacity to create change



Mount Pleasant
Neighbourhood House

OUR COMMUNITY BOARD



LYSA DIXON
Co-Chair



DAWN MARIE MORGAN
Co-Chair
& Prosperity Committee



BILL BRISCALL
Prosperity Committee,
Board Governance



KATE DUNFORD
Chair of Board Governance



SHAYNA HORNSTEIN
Community Board Member



BARBORA SAMIEIAN
Prosperity Committee



MAHDI CHIMERAD
Community Board Member
& Youth Representative



KATHLEEN GARCES
Community Board Member



MICHAEL MOLL
Secretary



ROCIO VASQUEZ
Co-Treasurer



OLGA SCHERBINA
Expansion Committee



ABEER YUSUF
Governance Committee



SORAYA BELLO
Community Board Member



**ANTHONY
KUPFERSCHMIDT**
ANHBC Board of Directors
Liaison



ADRIAN WONG
Prosperity Committee

A MESSAGE FROM OUR COMMUNITY BOARD AND EXECUTIVE DIRECTOR

Dear Members, Volunteers, and Neighbours,

We are happy to report on another successful year for MPNH despite the overwhelming challenges we faced. Throughout 2021 and the first quarter of 2022, our work has been defined by the impact of COVID-19 on our staff and community. While MPNH repeatedly adjusted to the pandemic waves, being partially opened and closed several times, we continued to offer services to support our community and to develop new ways to meet new and unmet needs. Our tireless team continues to adapt and provide services online, by phone, and, when possible, in person at the House. In partnerships with many organizations, we delivered food for seniors, created spaces for parents to connect online, and offered a range of opportunities for community members to access peer supports and tools to deal with the impacts COVID-19 had on their mental health.

Our youth program was in greater demand than ever before as youth were feeling isolated with no opportunities to connect with their peers. In response, our team continued to develop new and innovative ways to keep them engaged while also supporting the development of their mental health and social skills.

Some of the key highlights of the year:

- We happily re-opened our Preschool in September, with full enrollment and continuity through all the changes.
- We worked to deepen our organizational understanding of decolonization and truth and reconciliation by focusing first on staff education and training, and then on connecting community members and participants on this learning journey with us through programs, engagement events, and everyday interactions and conversations with community members. This is the beginning of an ongoing, long-term commitment to this process.
- We finalized an important partnership for the House and seniors in our community at the beginning of 2022. The Jewish Seniors Alliance (JSA) will be co-located at MPNH; sharing our space will, among other benefits, allow us to form service partnerships. JSA has a well-established and successful peer support and friendly visitors for seniors' programs, and we are very excited about working together.
- This year, MPNH's application for a new childcare site was successful; we will have a new childcare site at Eric Hamber Secondary School, with space for 69 children. This will increase our childcare by 70% and will require 20 new staff. We are planning to open in early 2024.

A MESSAGE FROM OUR COMMUNITY BOARD AND EXECUTIVE DIRECTOR CON'T

Reflecting on how much we have accomplished during these trying times, we are confident that we are prepared to respond to whatever community need arises. We are excited to move forward in new ways, but always with commitment to all members of this community. We could not have done all of this without the support of our amazing partners, funders, donors, staff, volunteers, and Mount Pleasant residents. In a year dominated by the pandemic, we have deep gratitude and respect for a strong team of staff, dedicated Board, caring volunteers, and thoughtful funders whose hard work, generosity and dedication to the neighbourhood made the pandemic less challenging.



We would especially like to mention and thank Bill Briscall, who is stepping down from the board this year. Bill has been a valued member of the community board for over 8 years, and many of our members will remember him for MCing various House events over the years. We are thrilled that he will continue his support and involvement in the House. Thank you, Bill, for your dedication over the years.



Last year's message from the ED and Community Board Chairs concluded with "we cannot wait to open our house, your house, and welcome you back to MPNH." We are grateful to have been able to do that – albeit slowly and with some back and forth. Our house is now fully open, and we are so happy to be back in a time when we can gather to hear the joy or your neighbours' voices in many languages, music being played, laughter ringing and the sound of children chattering.



Welcome back!

Tulia Castellanos (MPNH Executive Director), Lysa Dixon (Co-Chair, MPNH Community Board), Dawn Marie Morgan (Co-Chair, MPNH Community Board)

OUR PARTNERS AND DONORS

- Adler University Community Services (Vancouver)
- Active Aging BC
- Alair Homes
- ANAF East Vancouver Unit 68, Mr. Bill Ritchie
- Arts Umbrella
- BC Association of Community Response Networks
- BC Children's Hospital, Radiology Department
- BC Council of Families
- BC Settlement and Immigration Services
- Bosa Family Foundation
- Broadway Youth Resource Centre
- Cadillac Fairview
- Canadian Diabetes Association
- Canadian Mental Health Association
- City of Vancouver
- City University in Canada (Vancouver)
- Coast Capital
- Community Food Centres Canada
- Creekside Community Centre
- Dan's Legacy
- Decoda Literacy Solutions
- Excellence in Literacy Foundation - Ottawa
- Field & Social
- Frontier College Vancouver
- Greater Vancouver Foodbank
- GVC Credit Union
- HIPPY Canada
- Immigration, Refugees and Citizenship Canada
- Jewish Seniors Alliance
- Kebet Holdings Ltd. (Kingsgate Mall)
- Kobo
- Langara College
- Michelle Chui, Connie Gardiner and Family
- Microsoft
- Million Gardens Movement
- Ministry of Advanced Education, Skills & Training
- Ministry of Children & Family Development
- Ministry of Municipal Affairs - BC Settlement and Integration Services
- Ministry of Public Safety & Solicitor General, Gaming Policy & Enforcement Branch
- Mount Pleasant Business Improvement Association
- Mothers Matter Centre
- Mount Pleasant Lions Club
- Mount Pleasant War Memorial Community Cooperative Association
- North Growth Foundation
- Pacific Blue Cross
- Petro Canada Caremakers Foundation
- Public Health Agency of Canada
- REACH Community Health Clinic
- Royal Canadian Legion #179
- Royal Canadian Legion #68
- Rumpus Room/The Narrow Group
- Saint Patrick Regional Secondary School
- Service Canada, Canada Summer Jobs
- Simon Fraser University
- South Vancouver Neighbourhood
- Stantec
- Success by 6
- Suncor
- United Way of the Lower Mainland
- Upcycle Vancouver
- Vancity
- Vancouver Coastal Health
- Vancouver Food Runners
- Vancouver Foundation
- Vancouver Mount Pleasant Lions Club
- Vancouver Native Health Society
- Vancouver Public Library
- Vancouver School Board
- Vancouver Soup Company
- Vancouver Community College
- WATARI Counselling Services
- YWCA
- Zymeworks

WHAT AN AMAZING YEAR!



World Elder Abuse Awareness Day (WEAAD)



Scotiabank Charity Challenge



'Under the Tree' with Melanie



Staff BBQ Party



MPNH Booth at BIA's 'Just Off the Main Street'



Orange Shirt Day



Crafts Workshop



Yaimel's Art Workshop for Indigenous Families



Cedar Weaving Workshop with Indigenous Families

WHAT AN AMAZING YEAR!



'Women in Motion' (Program for Spanish speaking women) Christmas Celebrations



Post Raising Ceremony at the House



Staff Christmas Party



Holiday Pancake Breakfast for the Community



Valentine Cards made by students for Seniors



International Women's Day



St Patrick's Day - De Danaan School of Irish Dance

Meeting Community Needs in 2021

This year, our community continued to experience the effects of COVID-19. Throughout the waves of the pandemic, we listened to the evolving needs and worked to meet them. We found what was most needed were pathways for people to reconnect to their community after experiencing prolonged physical and social isolation, and access to supports that would help them meet their basic needs.

Here are two examples of the ways in which we have responded to community needs:

Mental Health and Wellbeing

Mental health and wellbeing became a focus that we worked to incorporate into all of our programming and activities. We encouraged and supported staff to take care of their own mental wellbeing so that they could have a higher capacity to support their participants. We established a partnership with Adler University Community Health Services and City University to provide free and accessible counselling to participants and members of the Mount Pleasant community. In one month, we filled up our counselling spots, provided tele-health sessions for those with lower mobility and group art therapy for seniors.

Bridging the Divides

The pandemic also deepened divides among people of different demographics like age, language, and background. In addition to continuing the weekly Intergenerational Drop-In, we ran a series of virtual and in-person all-ages programs like the comedy show, "Laughter is the Best Medicine". The project, hosted in partnership with Vancouver Coastal Health, explored the correlation between health and laughter. Workshops were held in multiple languages and included topics like laughter yoga, spontaneity through improv, joke writing, and a presentation on self-compassion. We are continuing to explore more ways of connecting people across age and other demographics through a house-wide community development project we are calling Generations Moving Together.



- An estimated 4,500 people participated in the programs offered by the House during 2021-2022
- Over 200 volunteers contributed 5,586+ volunteer hours, and practicum students contributed a total of 1450+ hours.

SENIORS

The Safe Seniors Strong Communities (SSSC) initiative, in its second year, has been instrumental in promoting and growing our other Seniors programs and services, particularly our Better at Home program.

This program:

- Includes services such as prepared meal deliveries, grocery shopping and delivery, and friendly visiting, by phone
- Allows for low-barrier opportunities to connect with seniors and provide them with support. Once trust and a relationship with the senior are established, we are able to intake the senior to our Better at Home program



Return to in-person general programming at MPNH

Chair Yoga, Chinese Choir, Walking Clubs, Choose to Move, Seniors Lunch and Bingo, and two dance groups gradually returned to in-person service delivery at MPNH.

Many programs moved back online or were suspended as the pandemic waves rose and fell, but we have become excellent at adapting our programming as needed to protect seniors' health and social wellbeing. All of these programs are currently back in-person!

New Program Highlight

Senior men generally have been a harder to reach demographic. So, this year we engaged men we previously knew, but couldn't convince to join our general programming. This group of men came together to create an inspiring Men's Shed group which combats social isolation by building neighbourhood pop-up libraries, hosting events and completing improvement projects around the house. They now come to the neighbourhood house weekly, and have become volunteers to benefit the House and community at large!



We mailed and delivered 2,000 homemade Valentine's Day cards to 1500 individual seniors, 7 different care homes and 1 hospital. The cards were made by local elementary schools, Girl Guide groups and MPNH's preschool program. It meant so much for seniors to be reminded that they are loved, especially during such a difficult year of loss and change.

We shared around 2,600 social moments with seniors during this time (1,286 virtually, 1,306 in person)



We prepared and delivered over 5,700 meals to seniors

FAMILY RESOURCE PROGRAMS

In 2021-2022 we served 381 families (or 900 individuals including, parents, grandparents, caregivers, babies, toddlers, preschoolers and school children). We successfully delivered the following programs:

- Peer-support parenting sessions
- Two series of Nobody's Perfect
- 2 series of Circle of Security
- My Tween and Me
- 2 sessions FSGV (Taxes and families, English, Spanish)
- Nuevos Comienzos
- Three Drop-in Parent Child programs: Latin-American families, Dads at Play, Baby Time Sing and Grow at Creekside Community Centre
- Summer outdoors: Under the Tree, Fun at Trout Lake (Indigenous families) and Walks in the Hood
- Summer indoors: SFU Healthy Morning Nutrition and Yoga for families
- Indigenous programming: Fun at Trout Lake, Monday Night Dinner (cultural traditions and sharing and dinner provided) outdoors and indoors and in conjunction with VAHS
- Four Parenting Matters sessions
- Single mom support group in collaboration with YWCA



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“I cannot say enough great things about this program and teachers. My son and I always felt welcome and expectations were always exceeded. The teachers always made us feel special and we were always excited for class.”

- Participant

”

FAMILY RESOURCE PROGRAMS

“I think for me, Nobody's Perfect Parenting Program has allowed me to reflect on my parenting. Having conversations in the group has helped me to take notice of what is happening in my relationship with my child.”
- Participant



“...I learned to distinguish my child's feelings from mine. Therefore, now I know how to manage a high-emotion situation with him without me being out of control.”
- Participant

CHILDCARE PROGRAMS

After two years, we were finally able to organize a “good bye” afternoon picnic at Prince Edward Park for the kindergarten-ready children. It was a great time for the families to be together.



DAYCARE

When COVID-19 restrictions started to lift in January, we took the daycare children to the McMillan Space Centre to learn about the solar system and aliens! We continued with field trips throughout the year, visiting Queen Elizabeth Park, where the children spent time in outdoors enjoying the beautiful flora.

We also explored gardening through planting bean seeds, sunflower seeds and herbs. We watched them sprout and grow, and our daycare children continue to take care of the plants and water them.



PRESCHOOL

Preschool opened again and ran at full capacity this past September after being closed for one year. We were so excited to see the children and families return. We maintained our strict sanitizing protocol by wearing masks, distancing and fresh air movement. We piloted having the children stay outside for one hour each session (previously this was a ½ hour) and found it to be incredibly beneficial for the children. We will continue this practice going forward!

62 children and 29 families attended Preschool
39 people attended Family Camp

YOUTH & YOUNG ADULTS

This past year, we saw a period of continued hardship due to the isolation youth and young adults felt during the pandemic. In turn, we witnessed young people's resiliency and creativity in response to the disruption to their lives, and overall, transitions to the next stages of their lives. A common theme that emerged for young people was that of feeling isolated, a need for connection, and a need for self-expression.



An example of connecting young folks was support to local, emerging artists from BIPOC and LGBTQ2IA+ communities by providing a platform and resources to showcase their art, while connecting with peers and community. During the Fall of 2020 and the Spring of 2021, we connected with 5 artists virtually to create work, check in with each other online, and to celebrate art through an online digital showcase. Check out and support local BIPOC and LGBTQ2+ young adult artists and visit www.instagram.com/hyphae.reveal for our digital art gallery! We also connected with preteens and youth, whose key, formative stages were put on pause due to Covid-19.

“

“I love everything. I just change the mood and put some fun to it.” - Dana

“I like hanging with friends and meeting new people when I come to the program. I enjoy going out with friends and having fun.” - Omar

”

104 youth participants served in online and in-person programs at the Neighbourhood House and three partner sites: Sir McBride Elementary, Sir Charles Tupper Secondary School, and Eric Hamber Secondary School.

We worked with Little Mountain Neighbourhood House to support the youth in our Youth Action Committee and Newcomer Youth Leadership Program to plan community engagement events in 2021 and will continue to do so. Activities included applying for Neighbourhood Small Grants and as well as planning a community clean-up in partnership with the City of Vancouver's Keep Vancouver Spectacular program in March 2022.



We were able to outreach to more preteens in the community by creating new on-site lunch and afternoon programs at Sir Richard McBride Elementary School. We supported with grade 7 transition, and connecting preteens with their peers and community after another year of limited in-person engagement.

Featured artist from Hyphae Reveal Digital Art Showcase for young BIPOC and LGBTQIA2+ artists

NEWCOMER SERVICES



Newcomer programs and activities help newcomers foster the skills and know-how to successfully engage and participate in their community. We provide settlement services for newcomers during their initial settlement in British Columbia that empowers families to become independent in Canada. We operate from a strength-based perspective, facilitating opportunities for newcomers to share their skills, stories, and resiliencies, and to be part of a wider community. Services are available in English, Cantonese, Mandarin, Arabic, Vietnamese, Spanish and Wolof.

Peer Support Groups in Arabic, Spanish, Cantonese, Mandarin, and Vietnamese were organized to facilitate connection among newcomers, and provide safe and inclusive space for folks to strengthen relationships and networks during a time of continued isolation and challenges.

Mental health and well-being have been a priority and need for newcomer participants. We had art expression workshops to support well-being and connection, and we also have been able to connect newcomers to community counseling support, including art therapy.



"I love that when one of us asks for recommendations or advice, the others quickly respond and provide support". - Participant

"Women in Motion program helped me a lot: what steps I have to follow for my entrepreneurship, what things I have to do before opening a business, how to make receipts for my taxes, how to create logos, target clients, how to promote my business through social media and networking". - Participant





100% of newcomer participants attending our Canadian Citizenship Class passed the Canadian citizenship test on the first try!

Between Women Program: 100 participants attended the group sessions. Information session included topics such as Vaccinations in Canada, taxes, community resources, and group gatherings such as picnic in the park and crafts making

Women in motion: newcomer women entrepreneurship program 10 sessions, 45 participants, 1 Online Business Fair



We hosted anti-racism dialogue circles that were interactive and hands-on that supported participants to critically think about racism, while moving toward awareness, action and dismantling institutional and systemic racism. 13 sessions were organized in English, Arabic and Spanish. The sessions had 90 participants.

INDIGENOUS GATHERINGS & CULTURAL SHARING

In April of 2021, we began to offer one-on-one support via telephone, zoom and at times front yard visits with participants. With the warmer weather in the spring, we started in-person gatherings at Robson Park, where we served meals and organized cultural activities that directly followed the dinner. The gatherings were honoured by Indigenous cedar weavers, artists and storytellers that held space for the group to connect over mutual experiences.



As the health situation improved, we were able to restart our in-person Indigenous Community Dinners, and we began working in partnership with Broadway Youth Resource Centre to bring community resources to these dinners. We also continued to connect with other agencies in the neighbourhood to reach out to new participants, members, and families.

We also continued our partnership with Vancouver Aboriginal Health Society (VAHS)-Indigenous Early Years to support families with young children, and have great new Family Support Worker from VAHS working with our Indigenous Engagement Programmer to support community members in the Mount Pleasant neighbourhood.

“

"I am very grateful for the dinner program, garden project, healing circle and much more. There is always something going on at MPNH the possibilities are endless... I get to meet people of all different histories and backgrounds; People who have learned how to be themselves and not swayed by the opinions of others and accept others for who they are. It is important to feel a part of a community and to show respect towards people from other cultures. This is why I go to Mount Pleasant Neighborhood House."

- Elder, Indigenous Community Programs

”



To honour Truth and Reconciliation Day, we organized a community walk through our neighbourhood ending at our community garden plot used to connect Indigenous members and others to land-based teachings and activities.

30 individuals and families connected via dinners, family support services, and cultural activities, with a focus on land-based teachings and learnings.



EMPLOYMENT SERVICES

This past year, as we navigated the health impacts of the pandemic, the majority of our services for employment continued to take place online. We were able to continue offering hybrid services, allowing participants to connect either online or in-person. This was also a period of financial and economic instability for the community, and many people had to transition to new jobs due to the impacts of COVID-19 or struggle to find employment in their field of training and education prior to immigrating to Canada.

Our approach to supporting participants and members is through the provision of accessible, and language-specific employment information and resources. We support by improving accessibility to community resources, as well as to building on individual strengths, and encourage participant to connect wherever possible.

147 newcomer individuals received employment support through our Newcomer Employment Program and connected with MPNH staff for individualized support and group networking opportunities.

81% of newcomer participants accessed employment supports and services in another language other than English.

127 achieved an improvement in employment status, or obtained new job search or employment skills to support job entry and retention.

LITERACY PROGRAMS



Zongmay's Certificate of Learning

FAMILY LITERACY OUTREACH

In the Family Literacy Outreach program, we matched immigrants and refugee mothers with a trained volunteer who tutored them one to one to help them build on their English language skills and other literacies. Tutors also helped women find community resources and programs that will strengthen their families as they integrate into their new Canadian culture. (eg: how to access eye and dental care, libraries). We supported 40 families which included 110 children, with tutors contributing over 1000 volunteer hours! We are the only not-for-profit in Vancouver connecting a volunteer tutor to work one to one with this newcomer vulnerable population.

HOMEWORK CLUB

Homework Club was created when we saw a need for elementary and high school students from immigrant and refugee families who needed literacy and math support as they transitioned into school. We partnered with Frontier College to bring in trained tutors who helped support 15 newcomer students with a strength-based literacy program, contributing over 200 volunteer hours.

DIGITAL LITERACY

We continued to empower older adults, low-income families and newcomers by providing free devices as well as digital literacy training in Arabic, Chinese, English, Spanish and Vietnamese. Through one-on-one sessions, participants set personal learning goals, such as how to use search engines, email and social media apps. From public workshops discussing online safety, to a series on website development for Spanish-speaking women entrepreneurs, our workshops continue to meet the needs of diverse participants.

Story from Digital Literacy

An active senior in our community turned to us for help to build her digital skills. After working one-on-one with a trainer, she now connects with her community in new ways, using email and social media to stay in touch with family and friends. In the future, she hopes to travel to China. This community member took steps toward this goal by exploring how to book flights online and access an international vaccine passport. And to make her dollar stretch as inflation soars, she learned how to search online for deals at her local grocery store. She is very thankful to MPNH for teaching her digital literacy!

96 participants received 328 hours of one-on-one digital literacy training

21 digital literacy workshop sessions engaged 83 adult learners

OTHER LITERACY PROGRAMS

IPALS (Immigrant Families as Literacy Supports) is a program for immigrant parents and their children who are 3-5 years old. In 2021, the program was facilitated in Spanish and sessions took place virtually.

Under the Tree is an outdoor summer program for parents and caregivers with children 0-5 years old. Includes reading, rhyming, singing and activities that feature special guests.

Nursing practicum students also delivered three virtual presentations on Health Literacy. Topics included Brain Health, Heart Health and a discussion of the stigmas on 'Bell' Let's Talk Day.



VOLUNTEERS

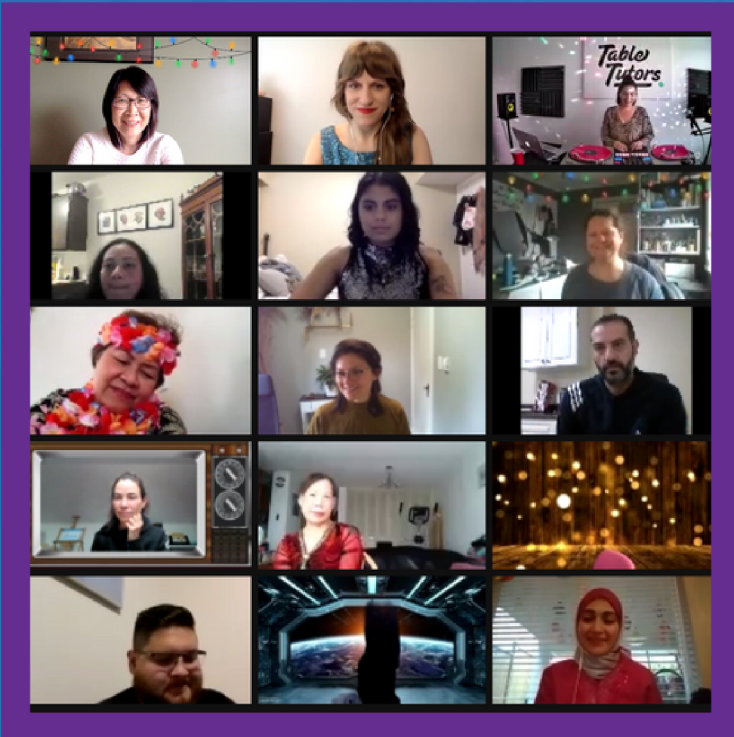
MPNH Volunteers continue to be the back bone of our House. They were highly adaptable, generous and ensured events ran smoothly and individuals were supported throughout this challenging year.

The return of our lunches led to many in-person volunteers who we hadn't seen in two years re-engaging with MPNH. Our Cooking Club and special events resumed in-person. We saw the House enlivened with the return of people, and the sense of community that place-based engagement fosters.



This year we had 224 amazing Volunteers who contributed 5586 Recorded Hours

Volunteers attended monthly Volunteer Orientations, as well as training on Cultural Humility and Unconscious Bias, as well as Setting and Navigating Healthy Boundaries.



"I volunteer because it makes me happy to share my experience and talents with immigrant families, using our original language. My favourite memory while volunteering was singing Christmas carols with some families at MPNH. A very special moment to share and celebrate with newcomers." - Rocio

"I want to help others in my community. It's so rewarding to assist others in the city. The Seniors I deliver to are very sweet, appreciative people! I smile every time I think about them and I appreciate being able to assist them." - Barry

MEALS PROGRAM

We delivered approximately 80 meals a week to about 25 low-income seniors in our neighbourhood.

Over the past year, our meal programs have evolved as COVID-19 restrictions were removed. The free meals and delivery program ended. However, with the support of the United Way, we introduced the Better at Home Program (a program that provides subsidized meals).

In order to meet community needs, MPNH has initiated a drop-in, pick-up hamper program. We continue to provide free bread to anyone that requests it. These initiatives have been supported by in-kind food donations from The Greater Vancouver Food Bank, COBS Bread Bakeries, as well as donations from other conscientious food companies.

In the fall of 2021, we began to offer in-house dining again. This was enthusiastically welcomed by our community members. In early 2022 we had to shut down the in-house meals due to the Omicron variant. However, in early March 2022, we were able to reintroduce the Tuesday Senior's Meal and the Friday Community Lunch. We look forward to continuing all our meal programs.

Julie, a senior living in the Mount Pleasant Neighbourhood, had been receiving deliveries twice a week for several months. With very limited ability to leave her house, she had said that being able to have meals delivered to her door had been a huge relief. When speaking to Julie, she emphasized how important receiving meals was, as opposed to groceries. To her, the convenience of being able to simply heat up a fresh soup or frozen meal is life-changing. Julie said, "I don't know how to express how grateful I am".



280 in-house
Community Meals

2710 Hampers
Distributed

TAX CLINIC

This past Spring, we held our high popular Community Tax Clinic at MPNH from February to April.

The tax clinic serves low-income participants who need to get their tax returns completed accurately. The tax clinic is facilitated by volunteers. This year we had 2 volunteers work very hard to serve our community.



Jenny Kendrick, Volunteer

Overall, the tax clinic was a great success. This year, we had participants from the Mount Pleasant neighbourhood and other regions within the city, who had seen our tax clinic listed on the CRA website. We helped 144 individuals through this program, which is a record amount for us. Thanks so much to Shirley and Jenny!



Shirley Francisco,
Former Staff Member

"With thanks to Shirley and MPNH overall for help with my tax forms. I recieved a suprising return. Good work to Shirley, as I had limited documentation. She knows her paperwork to a highly professional degree. In appreciation - Kelly

Art and Graphic Facilitation Sessions

The therapeutic benefits of art and creative expression was a huge comfort and resource for community members at large in the face of continued isolation. We hosted a series of public art facilitation series that were open to all. This project reflected on people's experiences throughout COVID-19. The sessions witnessed people coming together to create arts and crafts. It encouraged them to de-stress, leave their homes and spend time being creative. We witnessed the group creating art, learning new skills, doing group activities, and sharing their experiences.



11 Graphic Facilitation Sessions

Bi-weekly drop-in sessions included engaging workshops such as Screen Printing, Monotype, Journal and Crafts workshops totaling 17 workshops were organized.

“

I am so grateful to Mount Pleasant Neighbourhood House for offering this experience. Aside from it being extremely enjoyable and therapeutic for my mother and for myself, it has offered us some connection with the world. Our lives have been somewhat isolated for a while, so this has been a welcome support. It's been so nice to have something to look forward to! - Participant

”

FINANCIAL STATEMENT

MOUNT PLEASANT NEIGHBOURHOOD HOUSE STATEMENT OF FINANCIAL POSITION (UNAUDITED) as at March 31, 2022

	2022	2021
Assets		
Current assets		
Cash and short-term investments	\$ 936,498	\$ 1,040,484
Restricted cash (note 2)	98,483	97,875
Accounts receivable	174,041	114,082
Prepaid expenses and other assets	6,308	5,599
	1,215,330	1,258,040
Restricted cash	-	-
Property and equipment	185,909	128,786
	1,401,239	1,386,826
Liabilities		
Current liabilities		
Accounts payable and accrued liabilities	71,650	78,186
Deferred contributions (note 1)	627,794	763,345
	699,444	841,531
Deferred contributions for property and equipment	148,988	110,908
Replacement reserve	-	-
	848,432	952,439
Net assets		
Invested in property and equipment	36,921	17,878
Internally restricted (note 3)	200,000	200,000
Unrestricted	315,886	216,509
	552,807	434,387
	\$ 1,401,239	\$ 1,386,826

FINANCIAL STATEMENT

MOUNT PLEASANT NEIGHBOURHOOD HOUSE
STATEMENT OF OPERATIONS (UNAUDITED)
Year ended March 31, 2022

Revenue	2022	2021
Federal Government	\$ 939,048	\$ 824,438
Province of BC	464,293	576,088
United Way	263,011	375,356
Earned Income	567,069	296,190
Other Contributions and Miscellaneous	243,371	230,106
City of Vancouver	289,142	211,742
Gaming	96,500	96,500
Donations and Fundraising	59,215	58,733
Interest & Investment Income	22,392	26,633
	2,944,041	2,695,786
Expenses		
Salaries and Benefits	2,294,414	2,041,056
Purchased Services & Subcontracts	221,859	213,655
Program, Food & Transportation	108,566	111,470
Building Occupancy	101,432	73,424
Office Expenses	45,260	45,204
Other Expenses	43,311	34,137
	2,814,842	2,518,946
Excess / (deficit) of revenue over expenses from operations	129,199	176,840
Amortization of deferred property and equipment contributions	7,211	6,079
Amortization of property and equipment	(20,186)	(16,554)
Unrealized gain (loss) on investments	2,196	63,958
Excess / (deficit) of revenue over expenses	\$ 118,420	\$ 230,323

FINANCIAL STATEMENT

Mount Pleasant Neighbourhood House
Notes to Unaudited Financial Statements
Year ended March 31, 2022

1. Deferral method of accounting for contributions is used. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is assured. The externally restricted contributions are recognized as revenue in the year in which related expenses are recognized.

2. Restricted cash as at March 31, 2022 represents the balance in the Gaming bank account. This includes the gaming grant of \$96,500 received in Feb 2022 to be spent in fiscal 2022-23.

3. The board of directors have internally restricted \$200,000 out of the net assets as at March 31, 2022 for capital improvements including the replacement of windows.

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Neighbourhood House

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