



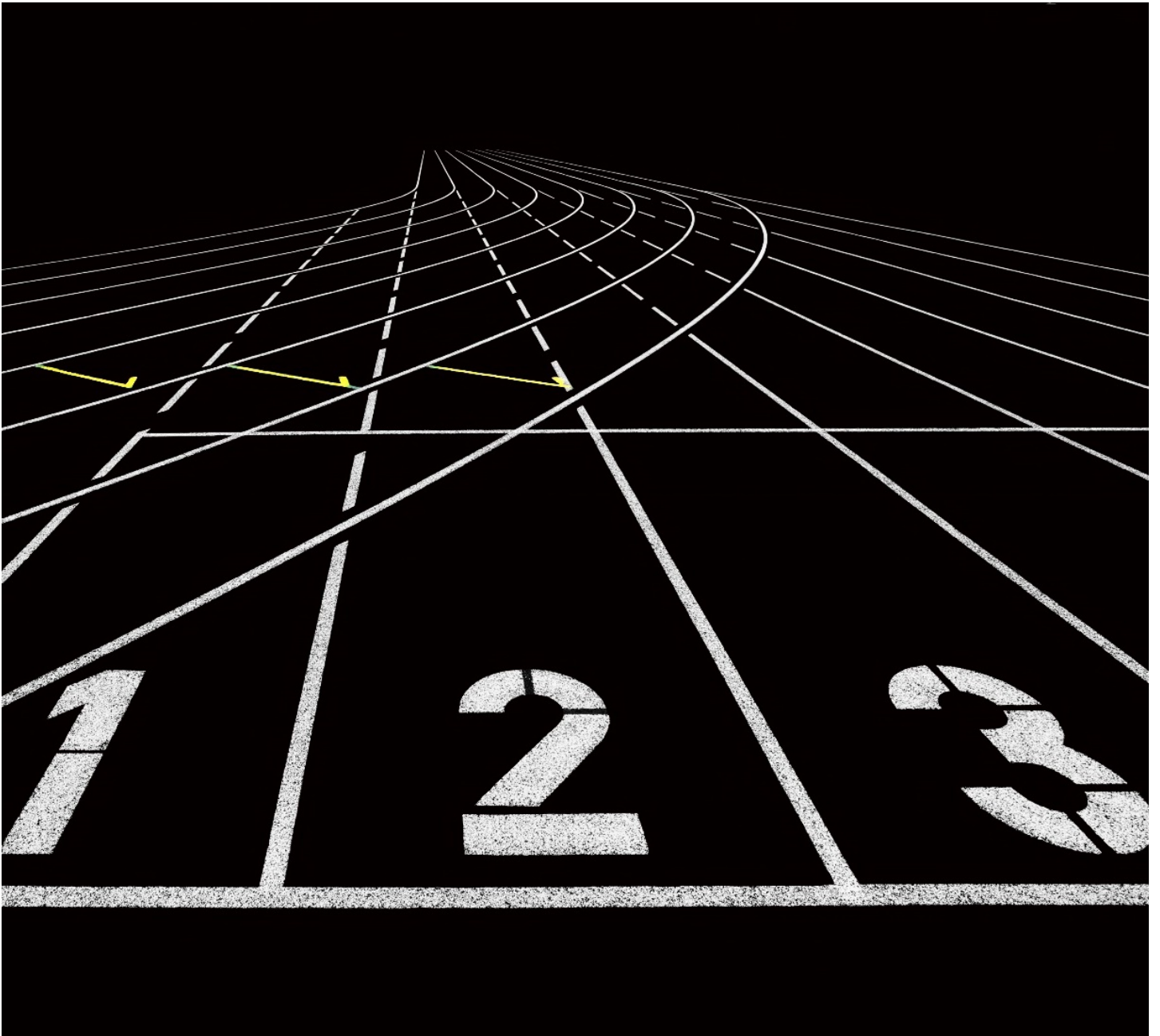
Reach Out Niagara
Family Support Services

NON-PROFIT REPORT

2021

REACH OUT NIAGARA FAMILY SUPPORT SERVICES

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2021 – A SUCCESS

In 2021 Reach Out Niagara FSS set out to double the numbers of families we are supporting in the Niagara Region. We went from only being open offering neurofeedback sessions on the weekends to opening up a counselling program, providing a food hub for those in need for 8 months and keeping our doors open 6 days a week!

SERVICES

Counselling

Reach Out Niagara FSS started a counselling program in 2021!

Some of the highlights of this program include:

- 2 therapists on staff:
 - a social worker (RSW) and a registered psychotherapist (RP)
- Professional Development: we were able to support our staff with money for training in Dyadic Developmental Psychotherapy which is an evidenced based model of family therapy
- Offer counselling in English and Spanish
- Child and Youth Worker (CYW) and Social Work (BSW) students were available to support young people and families throughout the year



NeuroOptimal Neurofeedback

One of the unique features of Reach Out Niagara FSS is that we offer low fee and free Neurofeedback sessions. Neurofeedback regulates the Central Nervous System, thereby allowing individuals to shift into a calm, focused, and balanced place in their minds.

- Free to first responders and veterans
- Safe for all ages
- Almost 1000 sessions were provided in 2021



SERVICES

Volunteers

Our volunteers spend many hours talking with clients, keeping the doors of the organization open, and providing neurofeedback sessions. We are grateful to the dozen community members and students who have taken the time to support families in the Niagara Region here at Reach Out Niagara FSS, we couldn't do it without you!

Donations

In 2021, over \$15,000 in donations came in from 18 donors. We are so appreciative of the Rotary Club of Niagara on the Lake and their continued support and donations of over \$7,500 towards RON's programs.

THANK YOU for helping us Reach Out and Serve those in our community!!



Engage



Educate



Empower

REACH OUT NIAGARA FSS

FINANCIAL STATEMENT 2021

	2021	2020	2019	2018
ASSETS				
Cash		7,848.62	2,903.00	465.00
Inventory – neurofeedback system		11,000	11,000	
REVENUE				
Services	36,689.87	2,010.00	180.00	
Donations & Sponsorships	15,591.93	5,478.62	2,533	465.00
Other		360.00	390.00	
TOTAL	52,281.80	7,848.62	3,103.00	465.00
EXPENSES				
Administration & Payroll	39,390.97	2,932.83	1,268.03	
Marketing	1,776.81	835.00	478.59	
Professional Development	500.00	236.96	370.00	
Program Supplies	5,725.54	150.00	240.00	
Fees		128.82	50.07	
TOTAL	47,393.32	4,283.63	2,406.69	0
Cash Total at End of Year	8,315.14	4,195.53	630.54	465.00

Services				
Neurofeedback Sessions	980	286	?	?
Counselling Sessions	609	0	0	0
Food Hub – Bags of Food		480	0	0



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