

**Annual Report  
2013 – 2014**

**choice is ours**



**planned  
parenthood**  
toronto

## letter from the board chair and executive director

# choice is ours

It's been more than 50 years since George and Barbara Cadbury made the brave and bold choice to campaign for the legalization of birth control in Canada – to defend the sexual and reproductive choices of women. While our definition of choice has expanded significantly since those early days, choice still defines our mission at PPT today.

This past year, we made an important choice to embark on a rigorous process

to redefine our brand, consulting with all who touch and are touched by it – from staff, volunteers, and board members to youth, community partners, and donors. Together, we defined what makes us different and captured it in a one-line statement, our brand proposition – sexual empowerment through fearless leadership.

To be fearless leaders and empower others, our brand needs to look, sound, and feel fearless. It needs to be loud. It

**We celebrate your choice as clients and program participants to trust us – with your questions, your concerns, and your health.**

needs to be bold. It needs to embody who we are, and who we want to become. So we also developed a new brand identity; or more simply, a new look and feel. You'll see this reflected throughout this report, starting with the title of this letter – choice is ours. This is an iteration of our new tagline. It tells people what we care about most, and it reflects our collective voice.

This annual report is a celebration of choice, and that collective voice. Yes,

we celebrate the work we've done to protect and promote choice. But more, we celebrate your choice as donors and funders to support our efforts, services and programs. We celebrate your choice as volunteers to lend us your time and skills to transform the lives of your peers, and give them the knowledge, tools, and resources they need to make informed choices. We celebrate your choice as clients and program participants to trust us – with your questions, your concerns, and your health.



Michelle Benson



Sarah Hobbs-Blyth

Thank you for choosing PPT.  
Together, choice is ours.

Best,

A handwritten signature in blue ink that reads "Michelle Benson".

**Michelle Benson**, Board Chair

A handwritten signature in blue ink that reads "Sarah Hobbs-Blyth".

**Sarah Hobbs-Blyth**, Executive Director

## community programming

# youth voices and choices

### **amplifying the voices of newcomer youth.**

Building a sense of community is difficult when community services are not relevant or easily accessible to you. Newcomer youth need culturally relevant sexual health education, services and programs, but often can't find or access them. At PPT, we are working to change that. We are committed to providing sexual health programming that respects the knowledge, values and experiences of newcomer youth.

Through our Self-Esteem Health Appreciation Project (SHARP) program, we train youth from newcomer communities to engage their peers in conversations about sexual health, healthy relationships, and sexuality. We give them a voice, and equip them with the knowledge and tools to create change

in their communities. This year, a total of 29 youth participated in the program, and brought their knowledge back to their communities across the city. To amplify the learning beyond this leadership program, we also delivered seven sexual health education workshops to 100 youth in newcomer communities.

### **building a storytelling platform for young men**

Let's face it – talking about sexual health and relationship issues can be daunting for guys at any age. Our focus with young men is on offering workshops, resources, health services and programming designed to help them overcome hurdles and take control of their health. Sometimes, this means providing the platform and tools to empower them to tell the stories that matter to them.



Through our Young Men's Digital Storytelling Project – a nine-session program focusing on masculinity, relationships and sexual health – we equipped a group of young men ages 16-25 at Eva's Phoenix shelter with the information, support, and technological skills they needed to explore, develop and tell their digital stories using Windows Live Movie Maker. The collaborative storytelling and creative process enhanced the self-reflection and peer-to-peer connection skills of a vulnerable group of young men. In fact, Eva's Phoenix staff reported that this was the first time a shelter program successfully and positively connected young men in the shelter with one another over an extended period of time.

### **helping young parents grow with their children**

Being a young parent isn't easy. Making the choice to parent at a young age still carries with it a stigma that isn't easily overcome. We support that choice, and the needs of young parents. That's why our programming for young parents puts them first, and empowers them to make healthy, informed choices for themselves and their family. Our weekly drop-in program, Time Out, gives young parents the opportunity to spend time, learn and have fun with their peers as they explore a variety of topics – from sexual health and self-development to parenting and practical life skills.

This year, we offered 38 Time Out sessions, providing 102 hours of programming based on the needs identified

by our participants. In March 2013, we asked participants to evaluate the program, with overwhelmingly positive results.

**100% strongly agree/agree** that Time Out has helped them to:

- Learn new information about different aspects of health.
- Learn new information about sexual health.
- Make positive changes in their behavior.
- Make better decisions about their own sexual and reproductive health.
- Take better care of their own health.

In 2013-2014, we also delivered a total of 24 workshops for young parents and

parents-to-be in community locations across the city. One of the salient themes that emerged this year was a lack of understanding of the sexual development of young children. Many young parents had questions about masturbation, sexual pleasure, and what vocabulary to use when speaking with their children about these topics. Workshops explored values exercises to help participants identify their sexual health values, sexual development from birth to teenage years, and how to approach discussions with their children.

### **training youth volunteers to educate and engage their peers**

Sexual health is an important part of overall physical, mental and emotional

health, but talking about it can be uncomfortable, awkward, and embarrassing. We know many people feel most comfortable sharing with and asking questions of their peers.

Through the Prevention Engagement Action Knowledge Project (PEAK), we equip youth volunteers with the sexual health knowledge, facilitation, and leadership skills they need to engage and educate their peers about HIV and STI prevention. Our selected recruits completed 189 training hours, delivering 50 community workshops that reached 664 youth. Proving the power of peer-to-peer facilitation, after attending a project workshop:

- **96%** of youth reported an increase in their knowledge of HIV/AIDS.
- **89%** of youth reported an intention to change their behavior (eg. more likely to practice safer sex or get tested for HIV or STIs).

We also deliver high-quality peer education activities in high schools and community settings across the city through our award-winning and groundbreaking Teens Educating and Confronting Homophobia (T.E.A.C.H.) program which brings diverse groups of youth together for frank, open discussions facilitated by trained peer volunteers. This year, our peer volunteers delivered 102 workshops to 2,274 of their peers in schools, shelters, foster homes, and community agencies. Post-workshop evaluation proves

that T.E.A.C.H continues to increase understanding, knowledge and intention to change behavior:

- **Over 50%** of participants experienced an increase in knowledge about homophobia.
- **60%** of participants expressed intent to change their behavior, with **24%** looking to decrease their use of homophobic language, and **17%** looking to be less judgmental and avoiding stereotyping others.

### filling in the blanks for LGBTQ youth

It's difficult to take pride in your identity when it is ignored, silenced or treated with stigma and shame. We speak with LGBTQ youth regularly, and what we've

heard – loud and clear – is that they're unhappy with their sexual health education experiences in schools. At PPT, we do more than listen – we address the unique concerns of LGBTQ youth, and provide access to relevant information and services that are inclusive of all gender identities and sexual orientations. Simply put, we fill in the blanks.

Filling in the Blanks is a one-year project funded by the Pride and Remembrance Association. In January 2014, we assembled a team of 14 LGBTQ youth volunteers who were trained as peer sexual health educators, and charged with developing sexual health resources for their peers. To date, our youth volunteers have created and delivered three

sexual health workshops reaching 72 LGBTQ youth, based on identified gaps and issues.

## peer volunteer finds community—and herself—with PPT

In fall 2013, Isabel began her work with PPT as a peer volunteer in Teen Programming, answering teen queries on sexual health, puberty and relationships by phone, email, IM and text. In February 2014, she expanded her volunteer experience to include Filling in the Blanks, working with her peers to create sex ed resources, discuss personal experiences related to those resources, and participate in workshops. “I am super passionate about sexual

diversity, and especially about sex-positive, queer-positive sex education,” says Isabel. “As a queer student, I was never reflected in my (extremely lacking) sexual education curriculum. I figured that volunteering with PPT would provide me with the opportunity to learn more about sexual health, and provide me with the skills to give that information to other people.”

As a volunteer, Isabel received the sexual education she was seeking, but more, she learned about herself and developed critical interpersonal skills. “Before volunteering with PPT, I was never able to articulate why I felt that my sex ed experience was lacking, while now I realize that’s because of the heteronormative and transphobic approach to sex ed which is still used in our schools,”

she says. “I’ve also learned how to listen. I’m one of those people who interrupts, but Filling in the Blanks has helped me to tone myself down and listen to other people, who all have amazing experiences and thoughts to share.”

Of course, volunteering is not without its challenges. Isabel says that the biggest is learning to deal with the emotional fallout – on both sides. “Some of our clients talk to us about extremely emotional or traumatic experiences, and it’s difficult to know the right way to help them through those moments,” she says. “With Filling in the Blanks, many of our discussions can result in emotions being brought to the surface – for others or for me – which is difficult to deal with as well.”

That said, the challenges of volunteering are far outweighed by its rewards. For Isabel, part of it is the satisfaction that comes from helping the teens who contact her with a question. The bigger part is the community she has become a part of at PPT. “In my life, Filling in the Blanks has become a support system and community. It’s provided me with a space to unwind, and share my thoughts, opinions, and feelings, knowing that the people I’m with are like-minded and won’t judge me for being so passionate about a subject as taboo as sex,” she says. “My experience with PPT has really validated my identity as a queer, disabled, mixed-race youth. Not only have I been tolerated; I have been celebrated for my experiences and participation.”

At PPT, our peer volunteers transform lives as they work with program participants and clients to provide them with the knowledge, tools and resources they need to make informed choices. Like Isabel, many of our volunteers find their own lives transformed by the experience. Change happens one person, one moment, and one action at a time. Take the first step. Apply for a volunteer opportunity at PPT today.

## tuning in to teens

When teens have more questions than answers, they turn to us to get the facts they need. We continue to harness the power of technology to connect with and inform teens, improving health outcomes through our teen programming initiatives.

## teens take to texting

Our texting service, launched in 2012 as the first of its kind in Canada, continues to be the number-one method of contact for Teen Health Source, with a 3% increase in queries this year over last year. Most-requested information by teens via the service included general health, pregnancy, safer sex and STIs, birth control/emergency contraception, and sexual acts/sexual pleasure. In June 2013, the Association of Ontario Health Centres awarded us the Innovator of the Year Award for this relevant and growing service.

### **IM makes a teen chat comeback**

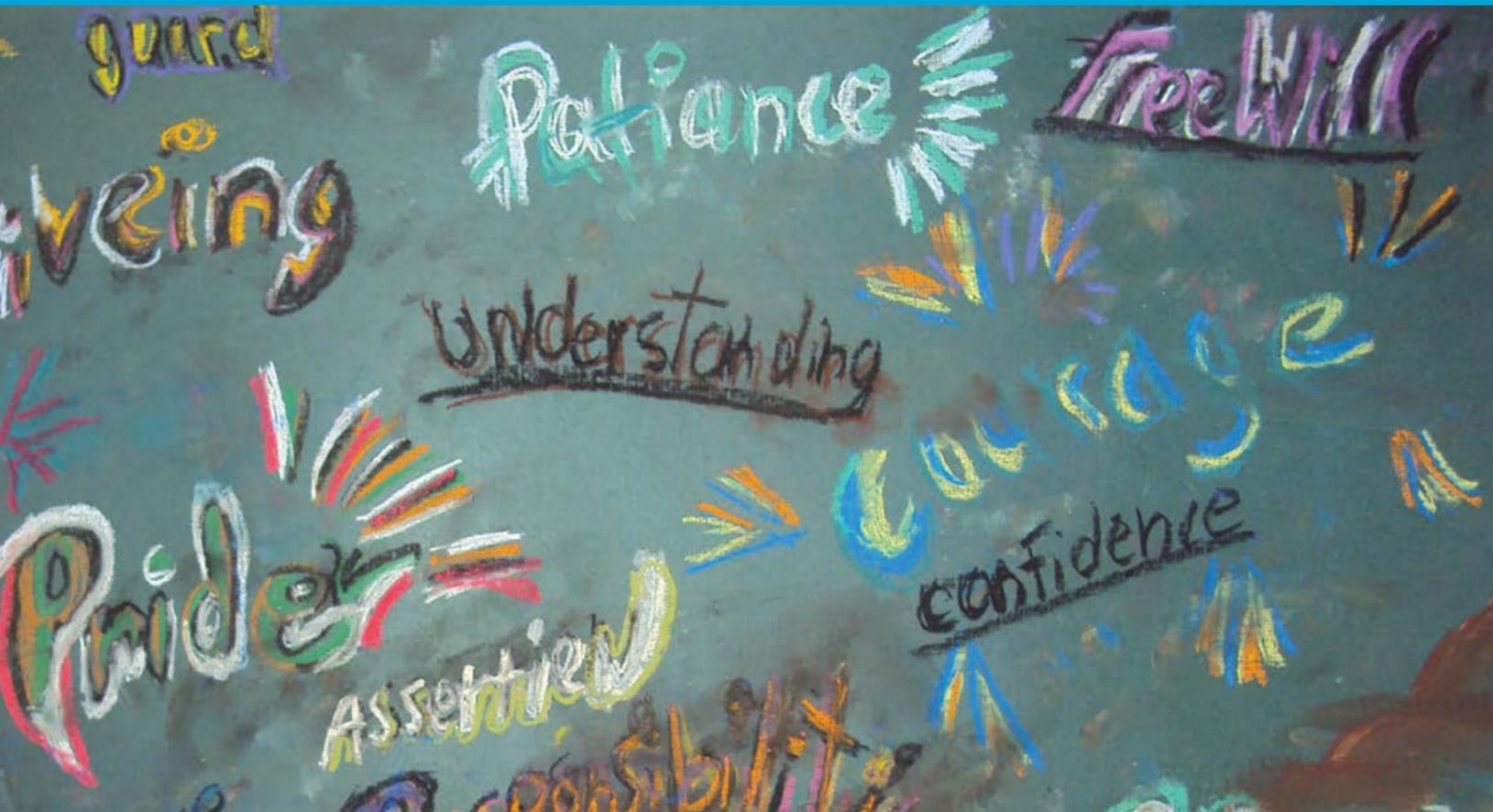
Sometimes, teens want to go where no one knows their name, but everyone knows their story. Following the closure of MSN Messenger in April 2013, we adopted and launched iCarol as our new instant messaging tool in September 2013, allowing teens to chat anonymously directly from the Teen Health Source website.

### **traffic to [teenhealthsource.com](http://teenhealthsource.com) continues to trend upwards**

Our blog-based sexual health website Teen Health Source continues to grow in reach and influence, with a total of 178,241 visitors in 2013-2014 – a 13% increase over last fiscal and almost triple the visitors we saw in 2011-2012. Interactive content enhancements to the

website helped to engage and inform teens. This year, we added three assessments that allow teens to assess whether they may be pregnant, if they should get tested for STIs, or determine which birth control option may be right for them. We also added three quizzes that test teen knowledge on STIs, birth control and healthy relationships – with more than 600 completes.





## promoting informed choices for women

A woman's mind and body belong to her. We believe in a woman's right to control her life and make informed choices about her sexuality and reproduction. What's more, we defend and advocate for that right, as we have for decades. We offer several programs and services designed to address the unique needs of women, and empower them to take control of their sexual health – including peer-to-peer education services at the Bay Centre for Birth Control, and sexual health programming for LGBTQ women.

### both clients and volunteers learn from peer-to-peer education

In early 2014, we implemented our annual client satisfaction survey, asking clients to rate our service at The Bay Centre for Birth Control in response to seven questions. As with previous years, clients continue to report positive experiences with our peer-to-peer services, with accolades such as “You make me want to be a volunteer”:

- **97%** agreed or strongly agreed that they had received the sexual health information they needed.
- **97%** of clients agreed or strongly agreed that they felt able to make better decisions about their sexual and reproductive health following

their education session with a peer volunteer.

- **98%** of clients would recommend the service to a friend.

Our 14 active volunteer peer educators contributed more than 1,010 hours to the service in 2013-2014 and continue to report high levels of satisfaction with their experience:

*“The program was fantastic – the sensitivity and efficacy of the team was astounding and inspiring. A lot of stuff about sexual health and education, but more importantly, how to be sensitive, non-judgmental and supportive in an extremely nuanced manner.”*  
– Volunteer exiting the program in 2013

*"I wanted to learn more about how to communicate effectively with women about sexual health information. During the volunteer training, I learned different ways to provide women with information about sexual health. I also had the opportunity to observe experienced volunteers provide information to clients. "*

*– Volunteer exiting the program in 2014*

### **exploring more pleasure and possibilities with LGBTQ women**

Women in the LGBTQ community have unique needs and life experiences. We provide a safe, welcoming environment for them to speak openly and hear from other women who share their experiences.

Building on the success of our 2012 Pleasure and Possibilities conference, we hosted another in 2014 called More Pleasure and Possibilities in partnership with Women's Health in Women's Hands, Sherbourne Health Centre, and The 519 Church Street Community Centre. Across a series of 12 workshops, this free community sexual health conference for LGBTQ women explored barriers to sexual health, pleasure, and healthy relationships, as well as strategies for overcoming them. Feedback from over 90 attendees was very positive:

- **95%** strongly agreed or agreed that they would apply their workshop learning to their everyday lives.
- **86%** strongly agreed or agreed that

the conference presented them with learning opportunities they could not get anywhere else.



## our year in social media

# getting social with Torontonians

Through our social media presence, we offer you reliable, consistent information about PPT programs and services, as well as news and resources related to sexual and reproductive health. A growing audience of youth, women and community partners looks to us to provide insight, information, and perspectives on sexual health, reproductive rights, sexuality, community health services, and LGBTQ issues.

### our growing social influence – by the numbers

- On average, **70-80%** of our tweets get re-tweeted, which shows that individuals trust us to offer reliable information they want to share with others.
- Linked tweets that received the highest clicks focused on relationships, birth control, and trans terminology.
- We are reaching a slightly older audience on Facebook, with 42% of page likes from users ages 25-34, and 18% from users ages 18-24.

We gained  
**203**  
new page likes  
in 2013-2014,  
an increase of  
**26%**



We published  
**331**  
posts in 2013-2014  
with the highest reach  
and engagement on  
posts focusing on  
birth control, health,  
relationships and  
gender issues.



**+1500**  
Twitter Followers

**1053**  
page likes  
on Facebook



We tweeted over  
650 times in  
2013-2014 of which

**80%**  
were original tweets



## health check: strides in health services

### filling service gaps

In response to the gaps in services identified in our Teen Health Survey, our health services staff attended Rainbow Health's Trans Health Connections training to begin offering Trans Health Programming at the clinic, and in the community. In May 2014, as part of our partnership with Sick Kids to transition teen clients to us for ongoing trans care, we launched a Peer Support Group for teens 13-16 who identify as Trans, Gender Non-binary, Gender Queer, and Gender Ambiguous.

### new model of care for mental health

In the summer of 2013, our Mental Health Team evaluated our Model of Care to address critical care issues such as a growing waitlist and a high rate of no-show appointments for therapy sessions.

In 2013-2014, we implemented several refinements to our Model of Care that have had a significant impact, notably reducing our waitlist:

- **refined intake process:** Wait-list clients who have expressed interest in therapy for anxiety or depression will now be given the choice to remain on the list or participate in three sessions of skills-based cognitive behavioural therapy.
- **personalizing care:** We developed a three-month, six-month and nine-month therapy review tool to guide discussions with clients about the therapy process, and determine goals and length of counseling. This is a step towards highly personalized client care that addresses their unique needs.

- **priority access:** To improve access to therapy for underserved groups, we prioritized the following groups for five sessions – trans-identified youth, newcomers, newcomer/refugee claimants, people seeking post-abortion support, prenatal and pregnancy options support, people exploring their sexual orientation, and people exploring their gender.
- **mental health groups online and in-person therapy:** This year, we offered three rounds of online therapy on topics including depression, anxiety, and self-empowerment, as well as two in-person mindfulness sessions. The online group proved more popular with clients since it was free, easy to access, convenient for busy schedules, and did not require a wait list.

Of course, we have changed more than our Model of Care this year. Through the refinements we've made, we've not only given more clients access to therapy, we've changed more lives. In our clients' own words:

*"The approach, tone, and atmosphere of the sessions was a great fit for me and created a safe place through which we could work on matters which were most troubling to me."*

*"I think counseling is helping me to frequently touch base with myself and keep developing and applying positive mental health strategies."*

*"I learned a lot about myself, and I felt very supported. I feel as if I can go forward, and am capable of making positive changes in my life."*

*"I think I've made tremendous progress in recognizing and managing various emotions (anger, sadness, frustration) and been able to communicate them more easily."*

*"I generally feel less anxious knowing I have a support system in place at PPT."*

*"I am SO grateful for this service, and am fortunate to receive counseling for free. Thank you, PPT – you've saved my life more than once."*

## health services – by the numbers

Our clients are not statistics. They don't care about a bunch of acronyms or percentages. They care about themselves and their health. So do we. At PPT, our clients are never treated like a number – even if they sometimes have to take one and wait.

To continue to provide a high standard of care and provide innovative solutions to issues, our health services team has to care as much about the statistics, percentages and numbers as they do about the people behind them. With that in mind, we present our year in health services, by the numbers:

### face-to-face

Face-to-face client interactions remained flat at 9,330 in 2013-2014 (9,323 in 2012-2013).

### telephone

Last year, we implemented a new phone system that allowed clients to speak directly with a clinician to avoid an in-person appointment if their question could be answered via phone. This year, we increased this service, adding more evening phone times. This caused a dramatic spike in phone interactions (2,270 in 2013-2014 versus 1,739 in 2012-2013). The system continues to be popular with clients looking for quick and easy access to a clinician to answer questions or renew prescriptions.

### all clients served

In 2013-2014, we served 4,465 unique clients, a 9% decrease over the previous fiscal year. This speaks to an increased complexity in the clients who visit us more regularly because the number of client visits increased.

### number of non-insured clients served (fiscal year)

This year, we saw a 5% increase in the number of non-insured clients we served versus the 2012-2013 fiscal year.

### encounters by provider type

Therapists had 1,212 client encounters, or 10.97% of the total (up from 9.24% in 2012-2013) – and marked a 25% increase in their total number of encounters. Volunteers had 805 client encoun-

ters, or 7.22% (up from 296 in 2012/13), and marked a dramatic 172% increase in their total number of encounters.

### **HIV testing**

In 2013-2014, we conducted 1,088 HIV tests, a slight decrease from the 1,104 tests completed in 2012-2013.

### **mobile health unit**

We believe that all Torontonians should have access to healthcare, no matter where life has taken them. Our Mobile Health Unit (MHU) – outfitted with a fully functional exam room and waiting area – travels to shelters and other locations across the city, bringing clinical services free of charge to people who experience barriers in accessing care. In 2013, our MHU served 115 clients in the community

(versus a total of 106 in 2012) despite scheduling challenges. This year, our MHU also added a new partnership to the program, and now visits Turning Point Youth Services twice per month. This partnership grew out of a gap in services identified by the Health Promotion team facilitating workshops at Turning Point, and ensures that clients enrolled in the Detention Program have access to clinical services within 14 days of admittance.



## health services – celebrating the people behind the numbers

Our inclusive, non-judgmental, sex-positive, youth-positive approach to care engenders trust, and allows us to build deep relationships with our clients. These are more than just words to us. They are a promise to the young people we serve.

### celebrating client success— kara's story

Kara studied psychology in school and was familiar with the expert-patient model. It's what she expected when she accessed PPT's therapy and counseling

services. What she experienced was, in her words, far more collaborative and human.

"I came in a mess, not sure what direction I should head in. I felt like I was hanging on the brink," she says. Kara was connected with a life coach and a therapist who worked alongside her as she moved through the process of exploring her issues and taking steps to improve all aspects of her life. "They were with me every step of the way, the practical and the emotional," says Kara. "They helped transform my chaotic thoughts into a feasible course of action. With them, I was able to open up in depth about the struggles I was experiencing, offering support and solutions."

Kara says it was an amazing transformation for her. In one year working with her team at PPT, she had a completely different perspective on her life and what she was capable of. "Initially, I felt like I had failed and had a hard time thinking that I could overcome the difficulties I was facing," she says. "I'd lost the belief in myself, but they constantly reinforced that I was worth it – through actions and words. They were rooting for me."

That unwavering faith and support helped Kara to bridge the gap she saw between her feelings and being able to open up to someone about them. What surprised her the most about her experience was the genuine sense of caring she felt from her team at PPT. "It went beyond the

hour. They think about you beyond your sessions and become invested in you,” says Kara. “They were like family. It was a space where I was allowed to share – no matter how horrible it was – and they would not judge me for it. There was never a time I felt I couldn’t express myself freely and honestly. They made my experience more human, and that played a huge role in gaining my trust.”

The supportive, non-judgmental care Kara received is one of PPT’s greatest strengths in remaining relevant to youth. “Youth tend to feel judged and isolated when people in their lives act in an authoritative manner,” she says. “PPT treats you as an individual with autonomy, works collaboratively with you and

offers you a safe place. You come in, and you’re in one place – not necessarily the one you want to be in – and they help you get to a more positive place.”

### **celebrating our volunteers**

We could not provide the level of compassionate care our clients have come to expect without our dedicated peer volunteers. We know many people feel most comfortable sharing with and asking questions of their peers. That’s why we train youth to provide information and education to clients on topics ranging from STIs, birth control and emergency contraception to pap smears, pregnancy and pregnancy options – before they see a clinician at PPT. Sometimes, a client’s issue or concern is addressed at this

initial stage. This year, our volunteers increased access for clients seeking emergency contraception, as they are now able to dispense Plan B under clinical delegation.

## Statement of Revenue and Expense for Year Ended March 31, 2014

### financials

These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2013 to March 31, 2014. Complete audited financial statements are available upon request.

Revenues	General	Mobile Health Unit	Health Services	Capital	Total
<b>Toronto Central LHIN</b>	0	0	2,540,639	0	2,540,639
<b>City of Toronto</b>	117,708	0	0	0	117,708
<b>United Way Toronto</b>					
Base Allocation	227,539	0	0	0	227,539
Donor Choice Allocation	17,015	0	0	0	17,015
<b>Public Health Agency of Canada</b>	79,994	0	0	0	79,994
<b>Toronto Community Foundation</b>					
Kevin Burke Foundation	1,000	0	0	0	1,000
Vital People Grant	4,664	0	0	0	4,664
<b>Other Project Revenue</b>	28,630	0	2,911	0	31,541
<b>Recovery of Administrative Overhead</b>	0	0	74,310	0	74,310
<b>Fundraising</b>					
Individuals and Corporations	21,449	0	0	0	21,449
Events	1,164	0	0	0	1,164
<b>Productive Enterprise</b>					
Contraceptive Sales	118,208	0	0	0	118,208
Workshops and Trainings	1,788	0	125	0	1,913
<b>Other Income</b>	1,125	0	0	0	1,125
<b>Investment Income</b>	4,401	0	0	0	4,401
<b>Total Income</b>	<b>624,685</b>	<b>0</b>	<b>2,617,985</b>	<b>0</b>	<b>3,242,670</b>

<b>Expenses</b>	General	Mobile Health Unit	Health Services	Capital	Total
Salaries and benefits	380,356	0	2,012,811	0	2,393,167
Building	5,640	0	55,025	0	60,665
Purchased and Contractual Services	3,000	0	222,129	0	225,129
Operating	13,353	38	106,351	0	119,742
Administrative	8,469	0	44,213	0	52,682
Cost of Resale Contraceptives	120,843	0	0	0	120,843
Fundraising	5,984	0	0	0	5,984
Programming	54,796	8,047	114,606	0	177,449
Non-insured	0	0	55,000	0	55,000
Amortization	0	0	0	30,578	30,578
<b>Total expenses</b>	<b>592,441</b>	<b>8,085</b>	<b>2,610,135</b>	<b>30,578</b>	<b>3,241,239</b>
<b>Excess of revenues</b>	<b>32,244</b>	<b>(8,085)</b>	<b>7,850</b>	<b>(30,578)</b>	<b>1,431</b>
<b>Amount repayable to Toronto Central LHIN</b>			<b>(1,102)</b>		<b>(1,102)</b>
<b>Excess of revenues over expenses, net*</b>	<b>32,244</b>	<b>(8,085)</b>	<b>6,748</b>	<b>(30,578)</b>	<b>329</b>

\* Excess revenue of \$6,748 in Health Services was used to purchase capital assets that are not reflected in the Statement of Revenue and Expense.

**thanks to our  
staff and supporters**

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### **pro bono legal services**

- McMillan LLP

### **funding partners**

- Toronto Central Local Health Integration Network
- United Way Toronto
- City of Toronto Public Health Department
- Public Health Agency of Canada

### **foundations and project grants**

- The Community One Foundation
- The Pride and Remembrance Association
- Kevin Burke Foundation at the Toronto Community Foundation
- Centre for Addiction and Mental Health Risk and Resilience Project
- The Toronto Community Foundation Vital People Award

### **events**

*Stories from the Red Tent - Comedy Night, with proceeds being donated to PPT. Our thanks to the following involved;*

- Catherine McCormick
- Natalie Norman
- Stephanie Tolev

- Jess Beaulieu
- Laura Bailey
- Arianne Shaffer
- Zabrina Chevannes
- Sandra Battaglini
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- Chris and Tiffany Meier
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### **design services**

- Spynldes

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You have the power to change the lives of youth and women in Toronto. Join our movement to unapologetically revolutionize the sexual health dialogue. Together, we can break down barriers, challenge conventions, and change hearts, minds and lives. Be brave. Be bold. Become a donor today.

We offer several options for donation so that you can choose what's right for you and your giving strategy. Select a one-time gift to affect change today, monthly giving to spread throughout the year, an honorary gift in someone's name as a tribute or thanks, or a planned gift to ensure support for future generations.

For more information on your options, or to make a secure donation online, please visit [www.ppt.on.ca](http://www.ppt.on.ca)

## corporate funders

As a corporate funder, you have philanthropic goals and priorities to meet your strategic branding, imaging and visibility needs. We offer a wide range of opportunities to sponsor programs, services, events, and activities that align with your brand and values.

When you partner with PPT, you do so much more than underwrite our programs and services. You invest in the direct and meaningful impact they have on the people and communities of Toronto.

## government and city funders

As a government funder, you are passionate about solving social issues that affect your community. So are we.

When you partner with PPT, that's exactly what you get – a partner. We work

collaboratively with our funders to create positive change in our community. We work hard, every day, to earn the trust of the youth and women who use our services and participate in our programs. We'll work every bit as hard to earn yours. We're accredited, soundly structured, and have a long history of working with funders to deliver on objectives, and meet targets. We're realistic about both. Of course, that alone isn't what makes us a smart investment. What does is our unwavering accountability – not only to you as our partner, but to the youth and women we serve.

To learn more about our work, and explore opportunities for foundation and corporate support, please contact Sarah Hobbs-Blyth, Executive Director via email ([shobbs@ppt.on.ca](mailto:shobbs@ppt.on.ca)) or phone (416-961-0113).

# vision and values

## vision

A future of sexual and reproductive choice, freedom and possibilities.

## mission

Planned Parenthood Toronto is a community-based, pro-choice agency committed to the principles of equity and to providing accessible and inclusive services which promote healthy sexuality and informed decision-making to the people of the City of Toronto.

## equity vision

PPT is committed to creating an agency that is reflective of the communities of Toronto. We acknowledge and respect the diversity of our clients, communities, volunteers and staff. We recognize that equity is not simply about equality. It is an opportunity to promote full participation and choice and to provide quality

services to meet your unique and differential needs. Community input informs the work we do and drives us to take action for social change that benefits you.

## principles and values

- Healthy sexuality is an important part of life;
- Individuals have the right to control their lives and to make informed choices regarding their sexuality and reproduction;
- Sexual and reproductive rights must be protected;
- A respectful, confidential, non-judgmental and inclusive environment is important to offering effective services;
- Input from clients, staff, volunteers and community partners informs the work we do and inspires us to innovate and take action for social change;

- Providing responsive, client-centred services means being Pro-Choice, Youth-Positive, Women-Positive, Sex-Positive and Lesbian Gay Bisexual Trans Queer-Positive;
- Providing accurate, and understandable information empowers individuals to make informed choices;
- Maintaining transparency and fulfilling our accountabilities to our many stakeholders will support their continued trust in us;
- A healthy, engaging, collaborative and safe work environment is vital to our success and the best way to demonstrate that we value our staff, students and volunteers.

[www.ppt.on.ca](http://www.ppt.on.ca)



**planned  
parenthood**  
toronto

### **who we are**

We are a community health agency serving the needs of youth and women in Toronto. We provide accessible and inclusive programs and services that promote healthy sexuality and informed decision-making.

### **what we believe**

We believe that to drive change in how our society views all aspects of health and sexuality, we must act as fearless leaders and unapologetically revolutionize the dialogue around it. In everything we do, in every service we provide, in every interaction we have, we advocate for and model the change we seek. We bravely push barriers and challenge conventions. We give youth and women a voice. We amplify voices that might otherwise be silenced. We invite you to add your voice to ours.

### **what we offer**

You're a person, not a number. You deserve access to the facts, support, and services you need to make informed choices about your health. You might know PPT for our work in sexual and reproductive health. But there's more to overall health than that, and there's so much more to who we are and what we do. We also offer a full range of primary and mental health services and programming to support the whole person.