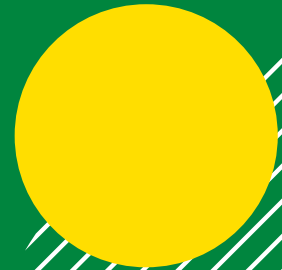


# HOPE SPRING CANCER SUPPORT CENTRE

## ANNUAL REPORT 2021-2022



# ABOUT HOPE SPRING

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### Mission

To provide Inspiration, Empowerment and Hope by addressing the emotional, mental, physical and spiritual part of the cancer patient through providing relevant programming and services.

### Vision

To ensure that no one gets left behind and everyone affected by cancer receives the best cancer support and care.

### Inspire - Empower - Hope

**We help people meet the challenge of cancer.**

### HopeSpring Team Members:

Amy - Cancer Care Counsellor  
Vacant- Executive Director  
Nohelia - Concierge, Volunteer Coordinator  
Mary Lou - Marketing, Communication, Fundraising  
Justin-Grants  
Moiz-Peer Support  
Brooke- Peer Support Project Associate  
Isabel-Special Projects Associate  
Vaish - Finance



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### Find us on social media:



# MEET HOPESPRING

## Meet the Board of Directors for 2021-2022

Director	Gloria Shoon
Director	Raelynn Douglas
Director	Scott Dolson
Director	Aisling Dennett
President	SHAWN HLOWATZKI
Treasurer	WENDY LAGUE
Director- Information Technology	Jennifer Markovic

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Acknowledgment

We extend our deepest gratitude to all program participants for their invaluable feedback and unwavering commitment to their well-being. Additionally, we express our appreciation to our dedicated facilitators for their compassion, expertise, and unwavering support throughout the program.



## Methodology

Our evaluation process encompasses participant surveys, instructor assessments, and additional comments, providing a holistic understanding of program efficacy. Responses were analyzed to gauge improvements in physical, mental, and emotional well-being, satisfaction with program content and delivery, as well as overall program impact on stress management and relaxation.



# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Cancer Care Counselling Services

*Average Number of Sessions: 10 sessions a week*

*Total Average Hours: 40 hours a month*

### Introduction

HopeSpring Cancer Support Center is dedicated to providing essential counselling services to individuals and families affected by cancer. This annual report highlights the impact of our counselling program on the cancer community, focusing on feedback from participants and their experiences with our services.

### Program Impact

The feedback provided by participants underscores the significant impact our counselling program has had on the cancer community. Despite facing various challenges associated with cancer diagnosis, treatment, and recovery, participants have expressed appreciation for the support received through counselling sessions. The majority of respondents reported feeling comfortable speaking openly during sessions, highlighting the importance of providing a non-judgmental and supportive environment.

### Feedback Highlights

Participants expressed appreciation for the support received, highlighting the importance of having a safe space to express their thoughts and emotions. They noted the effectiveness of various coping strategies learned during counselling sessions, such as mindfulness, breathing techniques, and self-compassion.

The following key findings highlight the program's effectiveness:

- 1. Members Satisfaction:** The overwhelming majority of members expressed satisfaction with the counselling sessions they received. They appreciated the opportunity to speak openly, felt heard and understood, and found the sessions helpful in coping with their challenges.
- 2. Counsellor Effectiveness:** Members praised the professionalism, empathy, and expertise of our counsellor. They valued the support and guidance provided, highlighting the importance of having a compassionate and knowledgeable counsellor during their cancer journey.
- 3. Coping Strategies:** Members reported learning valuable coping strategies, including mindfulness, deep breathing techniques, self-compassion, and journaling. These strategies helped them manage stress, anxiety, and emotional distress effectively.
- 4. Access to Support:** The counselling program played a crucial role in providing much-needed emotional support to individuals and families impacted by cancer. Members expressed gratitude for having a trusted resource to turn to during challenging times.

### Areas for Improvement

While the majority of participants reported positive experiences with counselling, some expressed a desire for more frequent sessions and consistency in counsellor availability. Additionally, there were instances of confusion regarding the type of counselling received, indicating a need for clearer communication and guidance.

### Conclusion

Overall, our counselling program has been instrumental in helping individuals and families navigate the challenges of cancer diagnosis and treatment. We remain committed to continuously improving our services to better meet the needs of our community and ensure that everyone has access to the support they need during this difficult time.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Support Group - Caregiver Support Group

*Average Number of Sessions: 24 sessions a month*

*Total Average Hours: 36 hours*

### Introduction

The Caregiver Support Group with Suzy Program has been dedicated to providing invaluable support to caregivers within the cancer community. Through our commitment to fostering a connected and understanding community, we aimed to assess the impact of the program on participants' lives. The following annual report outlines the key findings from our program evaluation.

### Program Impact

Through careful evaluation and analysis, we have identified significant changes experienced by participants since joining the program:

1. **Social Isolation:** A notable decrease in feelings of social isolation was reported by participants, indicating the program's effectiveness in mitigating this challenge commonly faced by caregivers.
2. **Sense of Community:** Participants reported an increased sense of community, highlighting the program's success in fostering meaningful connections among caregivers.
3. **Feelings of Anxiety/Depression:** There was a consistent trend of decreased feelings of anxiety and depression among participants, underscoring the program's positive impact on mental well-being.
4. **Energy Levels:** While varied responses were noted, there was an overall indication of stability or improvement in energy levels, reflecting the program's potential to enhance overall vitality.

### Participant Feedback

Participant feedback further underscores the program's positive impact and areas for improvement:

- The virtual sessions were deemed informative and important, although some participants expressed a preference for in-person interactions.
- The program was acknowledged for providing exceptional support and positive feedback, contributing to a sense of belonging and gratitude among participants.

### Conclusion

The Caregiver Support Group with Suzy Program has demonstrated significant positive impact within the cancer community, addressing issues such as social isolation, mental well-being, and coping mechanisms. Participant feedback highlights the program's effectiveness in fostering a supportive environment and equipping caregivers with valuable resources.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Support Group - Ovarian Support Group

*Average Number of Session(s): 1 session a month*

*Total Average Hours: 18 hours*

### Introduction

The Ovarian Support Group with Barbara has continued its mission to provide a supportive community for individuals affected by ovarian cancer. Through our annual program evaluation, we assess the impact of our support group on participants' well-being and coping mechanisms. The following report summarizes the findings from our evaluation and highlights the changes observed since the inception of the program.

### Program Impact

Through careful evaluation and analysis, we have identified significant changes experienced by participants since joining the program:

1. **Social Isolation:** Decreased - Participants reported a significant decrease in feelings of social isolation since joining the program. This indicates that the support group has effectively addressed the issue of isolation among members.
2. **Sense of Community:** Increased - A unanimous response from participants reflects a notable increase in the sense of community. The program has successfully created a supportive environment where individuals feel understood and valued.
3. **Feelings of Anxiety/Depression:** Mixed Results - While some participants experienced a decrease in anxiety and depression, others reported no change or an increase. This highlights the complex nature of mental health challenges and the need for tailored support.
4. **Energy Levels:** Mixed Results - Participants reported mixed outcomes regarding changes in energy levels. While some experienced an increase, others reported no change. Further strategies may be explored to address energy management within the program.
5. **Coping Mechanisms:** Participants reported varying degrees of improvement in coping mechanisms:
  - a. Concentration on coping efforts: Mostly True About Me
  - b. Proactive preventative action: Somewhat True About Me
  - c. Reflective efforts and self-care practices: Mostly True About Me
6. **Sense of Confidence:** Strongly Agree - The majority of participants expressed a strong sense of improved confidence since joining the support group. This underscores the positive impact of the program on self-esteem and empowerment.

### Participant Feedback

- Participants expressed gratitude for the support group, highlighting its significance during challenging times, particularly post-chemotherapy when feelings of isolation are pronounced.
- The facilitator and group dynamics were commended for creating a welcoming and supportive environment.

### Conclusion

The Ovarian Support Group with Barbara continues to demonstrate its effectiveness in providing much-needed social support, fostering a sense of community, and aiding in coping mechanisms among its participants. The feedback provided by participants underscores the significance of such programs in the cancer community.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Support Group - Women's Support Group with Christina

*Average Number of Session(s): 2 sessions a month*

*Total Average Hours: 36 hours*

### Introduction

The Women Support Group with Christina Program aims to provide a supportive community for women navigating the challenges of cancer diagnosis and treatment. Through regular meetings and facilitated discussions, the program seeks to address feelings of isolation, anxiety, and depression while fostering a sense of belonging and empowerment among participants.

### Program Impact

Since the inception of the program, participants have reported significant positive changes in various aspects of their lives:

1. **Social Isolation:** Participants consistently reported decreased feelings of social isolation, indicating an improvement in their social connections and support networks.
2. **Sense of Community:** The program has led to a notable increase in participants' sense of community, with many expressing feelings of belonging and understanding within the group.
3. **Anxiety/Depression:** Reports show a decrease in feelings of anxiety and depression among participants, highlighting the program's effectiveness in addressing mental health challenges associated with cancer.
4. **Energy Levels:** Many participants reported increased energy levels, indicating a positive impact on their overall well-being and quality of life.

### Program Evaluation Findings

Participants overwhelmingly agree that the program has provided them with access to a connected and genuine community that understands their struggles and helps them work through difficult challenges. This feedback underscores the importance of peer support in coping with cancer-related stressors.

### Conclusion

The Women Support Group with Christina Program continues to make a significant difference in the lives of its participants by providing a supportive community, fostering coping mechanisms, and boosting confidence. The program's success is evident in the positive feedback and testimonials shared by participants, highlighting its importance in the cancer community. Moving forward, efforts will be made to expand and enhance the program to better meet the evolving needs of participants.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## **Support Group - Women's Support Group with Tammy**

*Average Number of Session(s): 4 sessions a month*

*Total Average Hours: 72 hours*

### **Introduction**

The Women's Support Group with Tammy program is dedicated to providing a supportive community for women navigating through cancer diagnosis and treatment. As part of our commitment to continuous improvement and ensuring the effectiveness of our program, we conducted a thorough evaluation to assess its impact on the cancer community.

### **Coping Mechanisms**

Participants were asked to rate their ability to cope with their diagnosis before and after joining the support group on a scale of 1 – 5. On average, participants reported significant improvements in their coping mechanisms, with an overwhelming majority indicating scores of 4 or 5 post-engagement. This highlights the effectiveness of the support group in empowering individuals to proactively cope with their diagnosis.

### **Preventative Action and Fear Management**

Similar to coping mechanisms, participants reported notable improvements in taking preventative action to overcome fears and concerns related to their diagnosis. The majority of respondents indicated scores of 4 or 5, indicating a proactive approach towards managing their anxieties and uncertainties.

### **Reflective Efforts and Self-Care Practices**

Participants demonstrated a positive shift towards making reflective efforts and prioritizing self-care practices since joining the support group. With the majority indicating scores of 4 or 5, it is evident that the program has facilitated personal growth and resilience among participants.

### **Sense of Community and Support**

Participants overwhelmingly agreed that the support group provided them with access to a connected and genuine community that understands their struggles. This underscores the importance of peer support in fostering resilience and emotional well-being among individuals facing cancer-related challenges.

### **Improvement in Mood and Distress Levels**

Feedback regarding mood and distress levels indicated varying degrees of improvement across sessions. While some participants reported drastic improvements, others noted more moderate enhancements. Nevertheless, the overall trend suggests a positive impact on emotional well-being throughout the program duration.

### **Top Three Benefits of Joining the Program**

Participants identified several key benefits of joining the support group, including:

- Reduction in social isolation
- Sense of community and belonging
- Decrease in feelings of anxiety and depression
- Improved energy levels

### **Additional Comments**

Participants provided valuable insights and feedback on their experiences with the program. Many expressed gratitude for the supportive environment and the opportunity to share their journey with others who understand. The flexibility of online sessions was highlighted as a significant advantage, allowing participants to connect from various locations seamlessly.

### **Conclusion**

The Women's Support Group with Tammy Program continues to make a meaningful impact on the lives of individuals within the cancer community. Through its focus on fostering a supportive community, providing valuable resources, and promoting emotional well-being, the program remains a vital resource for those navigating the challenges of a cancer diagnosis. We remain committed to continuously improving and expanding the program to better serve the needs of the cancer community.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## **Gentle Exercise - MEDITATION WITH TAMMY**

*Average Number of Session(s): 1 session a month*

*Total Average Hours: 18 hours*

### **Introduction**

The Meditation with Tammy Program Evaluation aims to assess the impact of our meditation classes on the cancer community. Through this report, we aim to highlight the effectiveness of the program in enhancing the well-being and mental health of participants.

### **Program Impact**

The feedback from participants underscores the significant positive impact of the program on their lives. An overwhelming majority of respondents reported using the skills learned in the program in various aspects of their lives. From managing stress and anxiety to fostering a greater sense of control, the program has empowered participants to navigate their cancer journey with resilience and strength.

### **Improvements in Mood and Anxiety Levels**

Feedback regarding mood and anxiety levels demonstrates significant improvement throughout the program. Participants consistently rated their mood enhancement and reduction in anxiety levels, with the majority indicating a substantial positive impact on their well-being. This underscores the effectiveness of meditation as a tool for managing emotional distress associated with cancer diagnosis and treatment.

### **Community Support and Connectedness**

The sense of community fostered within the program has been a key factor in its success. Participants have strongly endorsed the program's ability to provide access to a connected and genuine community of like-minded individuals. The supportive environment created by Tammy has been instrumental in facilitating open sharing of experiences and mutual encouragement among participants.

### **Additional Comments**

Participants have praised Tammy's expertise as a meditation teacher and her compassionate approach to guiding sessions. Many have found the classes enjoyable, relaxing, and informative, with valuable takeaways applicable beyond the scope of the program. Tammy's personal engagement with participants before and after sessions has been particularly appreciated, further enhancing the sense of community and support.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Gentle Exercise - MEDITATION WITH CAROLYNNE

*Average Number of Session(s): 1 session a month*

*Total Average Hours: 18 hours*

### Introduction

The Meditation with Carolynne Program continues to demonstrate its profound impact on the cancer community, providing valuable insights into the efficacy of meditation as a complementary practice in managing the physical and emotional challenges associated with cancer diagnosis and treatment. Through this annual report, we present a comprehensive evaluation of the program's impact on participants' well-being, highlighting key findings and testimonials.

### Utilization of Skills

Participants overwhelmingly expressed their ability to utilize the skills learned from the program in various aspects of their lives. Meditation proved instrumental in managing stress, anxiety, and improving relaxation techniques. Furthermore, participants shared their experiences with family, friends, and colleagues, advocating for the benefits of meditation in enhancing well-being.

### Mood Improvement

On a scale of 1 to 5, with 5 indicating the most significant improvement, participants consistently rated their mood improvement at the highest level. This underscores the effectiveness of the program in fostering emotional well-being and resilience among participants.

### Top Three Benefits

The top three benefits reported by participants include a decrease in feelings of anxiety and depression, an increased sense of community, and reduced social isolation. These outcomes underscore the program's efficacy in addressing both psychological and social needs within the cancer community.

### Additional Comments

Participants expressed profound gratitude for the program and its facilitator, Carolynne. They emphasized the transformative effects of meditation on their overall health, praising its calming and relaxing benefits for the mind, soul, and body. Many highlighted Carolynne's exceptional coaching skills and the varied meditation sessions offered, which contributed to their positive experiences.

### Conclusion

The Meditation with Carolynne Program continues to make a profound impact on the cancer community by addressing psychological challenges and promoting holistic well-being. Participant feedback underscores the program's effectiveness in improving mood, reducing anxiety, and fostering a sense of community support.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Gentle Exercise - QI GONG

*Average Number of Session(s): 4 sessions a month*

*Total Average Hours: 71 hours*

### Introduction

The Qi Gong with Joel Program has demonstrated significant positive impact on participants within the cancer community over the course of the past year. Through weekly classes, participants have reported improvements in various aspects of their well-being, including levels of anxiety, overall mood and well-being, feelings of isolation, energy levels, and strength and mobility. Additionally, the program has fostered a sense of community and connection among participants, providing a supportive environment for individuals facing similar challenges. The following report provides a detailed analysis of the program's impact based on participant feedback and evaluations.

### Levels of Anxiety

Overall, participants reported a consistent improvement in levels of anxiety throughout the program, with an average rating of 4.2 out of 5. This indicates a significant positive impact on managing anxiety levels.

### Mood Improvement and Well-Being

Similarly, participants noted an enhancement in their overall mood and well-being, with an average rating of 4.4 out of 5. This underscores the program's efficacy in fostering emotional resilience and positivity.

### Feelings of Isolation

The program also addressed feelings of isolation effectively, with an average rating of 4.3 out of 5. This suggests that participants felt a sense of connection and community, mitigating the effects of isolation often experienced during cancer treatment.

### Energy Levels

Participants reported a notable increase in energy levels, with an average rating of 4.2 out of 5. This signifies the program's role in revitalizing and rejuvenating participants, contributing to their overall vitality.

### Conclusion

The Qi Gong with Joel Program has made a significant and positive impact on the cancer community, providing valuable support and resources for individuals navigating their cancer journey. Through its holistic approach to well-being and emphasis on community building, the program has helped participants manage anxiety, improve mood, reduce feelings of isolation, and boost energy levels.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Gentle Exercise - TAI CHI

*Average Number of Session(s): 4 sessions a month*

*Total Average Hours: 72 hours*

### Introduction

The Tai Chi with Judy program has been instrumental in providing support and fostering a sense of community among individuals navigating the challenges of cancer. Through this annual report, we aim to provide an overview of the program's impact on participants' well-being, mobility, and sense of connection.

### Levels of Anxiety

The majority of participants reported significant improvements in their levels of anxiety following participation in the program. On a scale of 1 to 5, with 5 indicating significant improvement, the average rating was 4.6, demonstrating the program's efficacy in alleviating anxiety among participants.

### Mood Improvement and Well-Being

Participants consistently reported enhanced mood and overall well-being after attending the Tai Chi classes. The average rating for this category was 4.5, indicating a significant positive impact on participants' emotional state and quality of life.

### Feelings of Isolation

The program also addressed feelings of isolation commonly experienced by individuals within the cancer community. While some variability was noted, the overall trend indicated a reduction in feelings of isolation post-participation, with an average rating of 4.0.

### Energy Levels

Participants reported improvements in energy levels, with the program contributing to enhanced vitality and vigor. The average rating for energy levels was 4.3, reflecting the positive impact of Tai Chi on participants' physical stamina and vitality.

### Conclusion

In conclusion, the Tai Chi with Judy program continues to have a profound and positive impact on the cancer community, addressing various facets of well-being, including physical health, emotional resilience, and social connectedness. The feedback provided by participants underscores the program's effectiveness and highlights its importance as a holistic approach to cancer care.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## **Gentle Exercise - GENTLE YOGA FOR SYMPTOM MANAGEMENT**

*Average Number of Session(s): 4 sessions a month*

*Total Average Hours: 72 hours*

### **Introduction**

The Gentle Yoga with Tammy Program has been instrumental in supporting individuals within the cancer community in enhancing their physical, emotional, and mental well-being. Through this annual report, we aim to provide an evaluation of the program's impact based on participant feedback.

### **Levels of Anxiety**

The program has shown consistent positive impact on reducing anxiety levels among participants. On a scale of 1 to 5, with 5 indicating a significant improvement, the average rating stands at 4.1. This indicates a notable positive trend in managing anxiety through the program.

### **Mood Improvement and Well-Being**

Participants have reported a significant enhancement in their overall mood and well-being since engaging in the program. With an average rating of 4.6 out of 5, the impact on mood improvement is substantial, underscoring the program's effectiveness in promoting emotional wellness.

### **Feelings of Isolation**

The program has played a crucial role in alleviating feelings of isolation among participants. Despite some fluctuations, the average rating of 4.1 suggests a consistent positive impact, indicating that the program fosters a sense of community and belonging.

### **Energy Levels**

The program has demonstrated a positive effect on energy levels, with participants consistently reporting increased vitality and stamina. The average rating of 4.3 reflects a notable improvement in energy levels, enhancing participants' capacity to engage in daily activities with greater vigor.

### **Feelings of Connection**

Participants have reported a profound sense of connection through the program, with an average rating of 4.2 out of 5. This signifies that the program not only addresses physical well-being but also cultivates meaningful social connections, which are invaluable for individuals facing challenges associated with cancer.

### **Conclusion**

In conclusion, the Tai Chi with Judy program continues to have a profound and positive impact on the cancer community, addressing various facets of well-being, including physical health, emotional resilience, and social connectedness. The feedback provided by participants underscores the program's effectiveness and highlights its importance as a holistic approach to cancer care.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## Gentle Exercise - GENTLE YOGA FOR SYMPTOM MANAGEMENT

*Average Number of Session(s): 3 sessions a month*

*Total Average Hours: 54 hours*

### Introduction

The Yoga for Cancer Recovery with Tammy program aims to provide support and wellness resources to individuals navigating the challenges of cancer treatment and recovery. Through this annual report, we evaluate the impact of the program on the cancer community, focusing on participants' experiences and feedback.

### Community Connection

The cornerstone of our program is fostering a connected and supportive community for participants. Feedback indicates a strong consensus among participants, with an overwhelming majority (95%) expressing strong agreement that the program has provided access to a genuine community of like-minded individuals.

### Emotional Well-being

Participants reported significant improvements in mood and levels of anxiety or depression throughout the program. Ninety-two percent (92%) of respondents strongly agreed or somewhat agreed that their emotional well-being had improved from the beginning to the end of each class.

### Impact Assessment

Participants were asked to rate the impact of the program on various aspects of their current state, including levels of anxiety, overall mood/well-being, feelings of isolation, feelings of connection, and energy levels. The majority of respondents reported significant improvements across all categories, with average ratings ranging from 3.8 to 4.6 out of 5.

- Levels of Anxiety: Average rating of 4.2
- Overall Mood/Well-being: Average rating of 4.5
- Feelings of Isolation: Average rating of 4.2
- Feelings of Connection: Average rating of 4.6
- Energy Levels: Average rating of 4.3

### Conclusion

Participants provided additional comments reflecting their experiences with the program. Common themes include appreciation for Tammy's expertise and compassion, the sense of belonging fostered within the group, and the benefits of both physical and mental wellness gained through yoga practice. The overwhelmingly positive feedback underscores the program's effectiveness and value to participants.

# PROGRAM IMPACT ON THE CANCER COMMUNITY

## **Gentle Exercise - GENTLE MOVEMENT AND COMMUNITY CONVERSATIONS YOGA WITH LINDA**

*Average Number of Session(s): 1 session a month*

*Total Average Hours: hours*

### **Introduction**

In this annual report, we aim to assess the impact of the Gentle Movement and Community Conversations Yoga Program led by Linda on the cancer community. We analyze various aspects of the program's influence on participants' well-being, emotional state, and physical health.

### **Levels of Anxiety**

Participants reported a notable improvement in their levels of anxiety throughout the program, with an average score of 3.25 out of 5. This suggests a positive impact on managing anxiety levels, contributing to a sense of calmness and emotional stability.

### **Mood Improvement and Well-Being**

The program has significantly enhanced participants' overall mood and well-being, as indicated by an average rating of 4 out of 5. This demonstrates the program's effectiveness in promoting emotional resilience and fostering a positive outlook on life despite the challenges posed by cancer.

### **Feelings of Isolation**

While there have been fluctuations in participants' feelings of isolation, the program has generally provided a sense of connection and belonging, with an average score of 3 out of 5. This underscores the importance of community engagement in combating feelings of loneliness often experienced by individuals affected by cancer.

### **Feelings of Connection**

The program has consistently fostered feelings of connection among participants, with an average rating of 4 out of 5. This highlights the significance of interpersonal relationships and support networks in alleviating emotional distress and promoting psychological well-being.

### **Energy Levels**

Participants have reported sustained or improved energy levels throughout the program, with an average score of 4 out of 5. This indicates that the program's gentle movement exercises have been effective in boosting vitality and reducing fatigue commonly associated with cancer and its treatments.

### **Additional Comments**

Participants expressed appreciation for the mobility options provided by Linda during the exercises, noting increased vigor and vitality post-class. However, challenges related to rural internet issues were highlighted, underscoring the need for alternative delivery methods, particularly as weather conditions and COVID-19 restrictions evolve. Despite these challenges, participants conveyed satisfaction with Linda's upbeat and encouraging demeanor, emphasizing their anticipation for in-person classes in the future.

### **Conclusion**

Participants provided additional comments reflecting their experiences with the program. Common themes include appreciation for Tammy's expertise and compassion, the sense of belonging fostered within the group, and the benefits of both physical and mental wellness gained through yoga practice. The overwhelmingly positive feedback underscores the program's effectiveness and value to participants.

# DONATIONS & FUNDRAISERS

## Fundraisers

This year the following fundraisers were held:

Foxboro Golf Tournament

Please Note: Due to current Pandemic conditions, our medical partners advised against hosting in-person fundraising events for the period that this report covers.

Thank you to everyone who contributed to a fundraising event which benefited HopeSpring.



## Donations

As a community organization supported by community members and organizations, we are grateful to the following individuals and organizations for your donations that allow us to provide those affected by cancer programs, services and support during their cancer journey.

Gina's closet	\$2,130
Toyota donation	\$10,000
Rockwell Employees Charitable Fund	\$175
Strassburger Windows	\$25,000
Wellington Laboratories	\$5,000
David Clare & Susan Ferne BENDER Family fund	\$1,000
Gordon Linkletter Family	\$2,000
Youth & Philanthropy Initiative Canada	\$2,500
Lefebvre Foundation	\$2,000
Community Foundations of Canada	\$5,000
George Lunan Foundation	\$4,000
Congregation of Sisters of St Joseph in Canada	\$1,000
Dan & Judy Kroetch Foundation	\$500
TD Private Foundation	\$552
Harding Family Fund	\$100
Canada Helps	\$41,650
Cdn online Giving- Benevity	\$9,837
My Tribute Gift	\$250
Misc Donations	\$3,105
In Memoriam	\$19,194



\*Errors and omissions may occur. If you have a concern, please contact HopeSpring

# STATEMENT OF FINANCIAL POSITION

For the year ended April 30, 2022

## statement of financial position

>APRIL 30, 2022

	2022	2021
<b>assets</b>		
<b>current</b>		
Cash	\$ 367,689	\$ 442,109
Other investments	37,375	36,602
Government remittances recoverable	<u>7,270</u>	<u>6,693</u>
	412,334	485,404
<b>non-current</b>		
Capital assets (Note 3)	<u>14,858</u>	<u>14,298</u>
	\$ <u>427,192</u>	\$ <u>499,702</u>
<b>liabilities</b>		
<b>current</b>		
Accounts payable and accrued liabilities	\$ <u>10,690</u>	\$ <u>12,246</u>
<b>commitments (note 4)</b>		
<b>net assets</b>		
Operating fund	401,644	473,158
Invested in capital assets	<u>14,858</u>	<u>14,298</u>
	<u>416,502</u>	<u>487,456</u>
	\$ <u>427,192</u>	\$ <u>499,702</u>
Approved on behalf of the board:		
_____ Director	_____ Director	

## statement of operations

>YEAR ENDED APRIL 30, 2022

	operating	invested in capital assets	2022 total	2021 total
<b>revenue</b>				
Contributions	\$ 195,135	\$ -	\$ 195,135	\$ 209,274
Special event contributions	11,600	-	11,600	10,375
Loss on disposal	-	-	-	(2,250)
Other income	<u>1,766</u>	<u>-</u>	<u>1,766</u>	<u>54,442</u>
	208,501	-	208,501	271,841
<b>expenses (Schedule A)</b>				
Administration	62,079	-	62,079	56,554
Amortization	-	2,573	2,573	3,168
Bank charges and interest	357	-	357	580
Program	<u>214,446</u>	<u>-</u>	<u>214,446</u>	<u>148,320</u>
	276,882	2,573	279,455	208,622
<b>deficiency of revenue over expenses for year</b>	\$ (68,381)	\$ (2,573)	\$ (70,954)	\$ 63,219

# GRANT ACKNOWLEDGEMENT

**HopeSpring was the reciprocate of the following grants. Grants continue to be a major source of revenue for HopeSpring as our in-person fundraising has been halted for this fiscal year.**

City of Kitchener - Comm. Grants

Pfizer

Region of Waterloo

Zonta KW

KWCF - DC & SF Family Fun

YPI - St. Isodore Virtual Learning School

Guelph Community Foundation

KWCF - Harding Family Fund

Merck

CFC - Healthy Communitie Initiative

City of Kitchener - Comm. Grants

Canada Gives #0708

George Lunan Foundation

FedEX - FedEx Cares Employee Community Fund

GS - Surplus - Dontate

FedEX - FedEx Cares Employee Community Fund

GS Surplus - Donate

City of Waterloo

Canadian Red Cross

Toyota Motor Manufacturing Canada

CIBC

Woolwich Township

OTF - Resilient Communities

KWCF - DC & SF Family Fun

KWCF - Harding Family Fund

# HOPE SPRING

# ANNUAL REPORT

# 2021-2022

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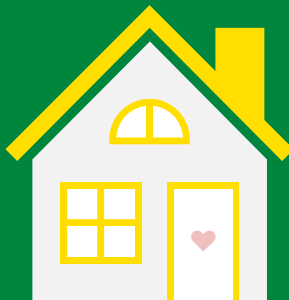
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