



ANNUAL REPORT

APRIL 2022 - MARCH 2023

**Annual General Meeting
June 20, 2023**

**We acknowledge that we are in Mi'kma'ki, the Ancestral and Unceded Territory of the
Mi'Kmaq.**

Who We Are

After Trauma Empowerment Network (ATEN) is a community based, non-profit organization dedicated to helping empower individuals, families and communities affected by, but not limited to, trauma, violence, sexualized violence, abuse, and neglect.

Our Mandate

To empower and improve the quality of life of individuals, families and communities affected by trauma.

Who We Serve

We believe all people have a right to access counselling, support and information regardless of their sex, gender, age, social-economic status, religion, race, or ability. All people deserve to heal. ATEN services are available, but not limited to the people of East Hants and surrounding areas.

What We Offer

ATEN provides a wide range of mental health related services, including trauma focused counselling and peer support. Counselling and peer support are offered in various ways; in person, online or telephone. We also offer supportive groups and workshops bi-weekly or monthly. ATEN fosters an environment of learning and commitment to reduce barriers.

Services & Programs

Our services include trauma counseling, emotional support, education, wellness counselling, peer support, intervention, and education:

- Counselling therapy and support for survivors of trauma
- Queer/Affirmative/Solidarity for 2SLGBTQIA+ individuals
- Counselling and support for 2SLGBTQIA+ individuals
- Information and referrals to other resources and community agencies
- Family, provincial and Federal Court support and accompaniment
- Police support and accompaniment
- Educational workshops and presentations for adults and youth
- Peer support group
- Resource information on various topics relating to trauma, violence, sexuality, relationships, health and wellness.

Our Story

After Trauma Empowerment Network (ATEN) is a non profit mental health organization that was founded by Margaret Mauger and Vida Woodworth in January 2020. ATEN was developed out of a community need and an increasing demand for barrier free counselling and support for individuals, families and communities living with the mental health impacts of having experienced some type of traumatic event or series of traumatic events in their life.

Mauger began providing barrier free counselling and support to all genders on a volunteer basis. Within one year, the number of people accessing counselling and support increased by 300%. Our services are available in person, by phone or online via Zoom.

ATEN outgrew its space at 2830 Main Street, Shubenacadie and moved to the Provincial Courthouse building on Mill Village Rd. After several exhausting and failed pleas with different levels of government, ATEN was faced with having to close its doors due to lack of funding. Thankfully, that did not happen. Hants Realty Ltd. heard our story and offered ATEN commercial office space and retail space at 2834 & 2836 Main Street, also in Shubenacadie for an unbelievable rate. Soon after acquiring this space, it was announced to ATEN that the provincial government (Office of Addictions and Mental Health) granted us with Bridge funding until July 2023.

Also, in this new space a new community retail service was created to also support the work of ATEN. *The Violet Rose Gift & Thrift Shop* is a program of After Trauma Empowerment Network and all proceeds raised from the shop go toward the operational expenses of ATEN.

Our Vision

To improve the lives, well-being and functioning of individuals, families and communities affected by trauma so we can live in a world where individuals, families and communities affected by trauma live an empowered life to reach their fullest potential.

Core Values & Guiding Principles

- **Empowerment** - We work collaboratively to empower, inspire and support individuals, families and communities to be self-determining, confident and resilient as they live to their fullest potential. This is a defining and fundamental quality of our network, people and work.
- **Integrity** - We are responsible, accountable and ethical to the people and communities we serve and the partners we work with.
- **Collaboration**- We create purposeful partnerships and build on already existing resources in the community to best serve the needs of individuals and communities. We believe we must work together to accomplish the greatest results.
- **Diversity** - We embrace the uniqueness and diversity of all people and communities that we serve. We promote and implement equitable services, support and resources for all people and communities impacted by trauma.
- **Service**- We strive to provide respectful and trauma informed, culturally responsive services, support and resources to the individuals, families and communities we serve.

5 Key Tenets to Our Work

- Trauma informed practices.
- Collaboration- we can't do it alone.
- Local empowerment equals global empowerment
- Make a difference every day.
- Live our mission

2022/23 A Year in Review

- Provided counselling, support and services to over 225 individuals.
- Relocated from 5 Mill Village Road to 2834 Main Street, Shubenacadie July 2022
- Hired a Registered Counseling Therapist - Candidate in January 2023 (Emma Palumbo)
- Hired a Peer Supporter in September 2022 (Juli Langille)
- Hired a full-time Office Administrator/Coordinator November 2022 (Lea-Ann Julian)
- Purchased 3 laptops for ATEN employees
- Grand opening of the Violet Rose Gift & Thrift Shop was October 1st, 2022. Open 4 days per week.
- Recruited 4 volunteers for the Violet Rose
- 3 ATEN employees also volunteer at the Violet Rose on a regular basis
- Hired a part time Thrift Shop Expert in December 2022 (Jessica Webb)
- Hosted 2nd annual ATEN Online Christmas Auction Fundraiser. \$2200.00 raised.
- Purchased a sublimation heat press for making novelty items such as custom t-shirts, mugs, keychains etc., for fundraising purposes.
- Received funding from local organizations: Colchester East Hants Community Health Board, Municipality of East Hants, Green Shield Canada & Community Foundation of Nova Scotia, Canadian Women's Foundation, Women and Gender Equality Canada.
- Received Provincial Government Funding from the Office of Mental Health and Addictions
- Funding from the Humanitarian Fund at Halifax Robert L. Stanfield International Airport
- Hosted several workshops, presentations and other public events.
- Began hosting monthly community music jams
- Fundraisers hosted by community members Amy Seymour and Kaitlyn Hardy
- Donation of 52 original paintings by Lisa MacAloney (online auction fundraiser)

Our Volunteer Board of Directors



Margaret Mager - Executive Director
Natasha Head- Secretary

Lucella Langille

Nicola MacLean
Glynn Irving - Chair
Lynne Smith- Treasurer

Kate Matthews - Technology IT (no photo)

A Message from ATEN's Co-founder and Executive Director

My name is Margaret Mauger and I am a Co-founder, Executive Director and Registered Counselling Therapist of the After Trauma Empowerment Network (ATEN) in Shubenacadie, in Mi'kma'ki. I started ATEN in 2020 to meet a high need for barrier-free trauma counselling and support in my community and province. Last year we provided services and support to over 225 individuals and the need continues to increase.

This past year (April 2022-March 2023) has been such a remarkable period of exponential growth, expansion and development. Fortunately, we received substantial financial support from the provincial government (Office of Addictions and Mental Health), Green Shield Canada and Community Foundation of Nova Scotia, Canadian Women's Foundation, and many other generous community donations. As a result, we were able to expand and hire an additional therapist, a peer support worker and an office administrator/coordinator. Also, with financial support from Hants Realty Ltd. we were able to relocate to a much larger office space and open the Violet Rose Gift & Thrift Shop to help raise money to help with ATEN operational expenses. The shop employs one part-time team member and has seven amazing volunteers who give their time regularly to help run the shop. In a short time, the Violet Rose and ATEN have generated vast awareness and tremendous support from the community. I am so proud of the incredible team we have built and am excited about what is to come.

I am sincerely honoured and privileged to serve and do the work I do with survivors, individuals, youth, families, and communities affected by trauma, violence and abuse. I am wholeheartedly dedicated and committed to ATEN's mandate in helping empower all survivors of trauma to live life to their fullest potential. I am repeatedly inspired by the courage, strength and hope of the survivors of trauma I serve at ATEN.

I immensely value all the staff and volunteers who give their time and energy to helping out in so many capacities. I am grateful to ATEN's volunteer Board of Directors who give their time and place their trust in me for managing the daily operations and tasks of ATEN. I am extremely grateful to all the supporters of ATEN, in all capacities, who have given their time, energy and financial support. I have not done this alone and my appreciation to every single person who contributes and supports will last a lifetime.

In closing, 2022-23 has been a phenomenal year and has provided me with immense learning, growth and fulfillment both personally and professionally. I am excited and optimistic about ATEN's future work and involvement with government and community partners, youth groups and the courageous individuals who access services and support at ATEN. I eagerly look forward to the upcoming year and all the rewards, challenges and growth it may bring.

With deepest gratitude,

Margaret Mauger

Co-founder, Executive Director & Registered Counselling Therapist

Counselling & Support

The vital aftercare, one-on-one counselling therapy is the most crucial and most accessed service offered by ATEN.



Operating through a client-centered, trauma-informed lens it is in the counselling sessions where individual survivors and families begin to heal in a safe, non-judgemental and empowering space. The counselling and support services are utilized by individual survivors, their family and friends, and other community partners. Each individual who receives counselling and support are unique and at different points in their lives and healing journey. While each person's aftercare needs vary, some commonly explored topics in counselling include understanding the dynamics and impact of trauma; establishing support networks; learning coping strategies for stress, triggers and flashbacks; practicing self-care and compassion; emotional recognition and regulation; boundaries; grief and loss; and healthy relationships.

This past year **225** individuals accessed individual counselling and peer support services. **80%** of ATEN clients have experienced sexualized violence and abuse, including **3** individuals who have been trafficked and sexually exploited. Majority of trauma survivors who access counselling services identified as female, followed by males and non-gender and transgender individuals. The age range for individuals accessing counselling and support is **13-79** years old with majority of clients in the 30-45 age range. There is a significant number of youth and seniors/elders accessing ATEN services, resources and support.

Workshops



ATEN PRESENTS

Art-Talk

An arts-based therapeutic group for elders/seniors to gather, make arts and crafts, and explore personal stories in a supportive collective space

EVERY OTHER TUESDAY
FROM 1-3PM

UPCOMING DATES:
TUESDAY, APRIL 19 -



Community Engagement & Events



ATEN knows and values the importance of community and connectedness. and that is why we host and participate in many community events and initiatives. Whether it is hanging an awareness flag outside our building, hosting a musical jam or wellness workshop, participating in a Freedom Day March or decorating our occasion tree with monthly awareness symbols, we are committed to building a stronger sense of community, wellness and connection for everyone.



The Violet Rose Gift & Thrift Shop officially opened for business on October 1, 2022. Our shop is a program of After Trauma Empowerment Network (ATEN). We at ATEN know and understand that struggling with finances can have a negative affect on our mental well being. Our prices are reflective of that consideration. All proceeds from the thrift shop along with rental fees for shelving space from our vendors of the gift shop go directly to ATEN to assist in overall operating expenses.



Our vendors are all from Nova Scotia. Their arts, crafts, jewelry and even candy are all handmade by them. Each vendor pays a \$50 rental/month that goes to ATEN, in return for an attractive shelving unit to display their personally coded and self priced pieces. At the end of each month, a tally is calculated and each vendor is paid in full for each item of theirs that was sold in the previous month. We currently have 12 rented units.

To better understand the needs and opinions of our customers, we formatted a voluntary 'Customer Service' Survey. Here are some examples of the comments we have received through the surveys and verbally:

"Always a treat to see all the new items. Always a friendly face."

"Very clean & staff extremely friendly."

"My favorite thrift shop, a cut above the rest!! Thank you!"

"Love you guys so much. Monthly visits!"

"We love you. Alot."

"This place is the best thing that ever happened to Shubie."



We are delighted and grateful to say we have received a very warm welcome from this community as well as our surrounding communities for this much needed and much appreciated, affordable shopping option!

ATEN Community Room

Our very first function in the community room was a music jam in November 2022! To open the first of many jam sessions and other events hosted in the community room, we invited De-Anne Sack and her partner Greg Gruben to conduct an opening ceremony here for us. De-Anne is a retired member of the RCMP and she is a member of the Sipkene'katik First Nation band and a member of the band council there. The two opened the first jam with a ceremonial smudge, a traditional Mi'Kmaq blessing and a beautiful Mi'kmaq song. We had several people in attendance. Most brought their own instruments to play. Some came to simply enjoy the music and fellowship.

All of our events in the community room are free of charge. We encourage individuals and families to join us. All upcoming events are posted on social media (Facebook).

Our first Appreciation Supper was held in December. All staff, board of directors, volunteers as well as unofficial volunteers were invited. There has been so much involved with moving to our new space. Without the help of everyone, in some capacity, we would never have been able to begin serving clients in September 2022.



ATEN Community Room - Rental Space

The Community Room began renting this space out to other organizations in East Hants too. It's an affordable and spacious place to host meetings and other types of functions for businesses throughout the corridor. We provide all chairs, tables, dishes, cutlery, flip chart, white board and a projector as well.

So far, we have provided the rental space to the following:

- East Hants Community Health Board
- Shubie Hay Days Committee
- Feel Better Now with Al Rodee

We hope, as time moves along, other organizations will want to utilize our space too.

All rental fees collected go directly towards ATEN's overall operating expenses.

Our Team



**Margaret Mauger- Co-Founder, Executive Director
& Registered Counselling Therapist**



**Emma Palumbo - Registered Counselling
Therapist**



Juli Langille- Peer Supporter



Lea-Ann Julian - Administrator & Coordinator



Jessica Webb - Thrift Shop Expert

Community Heroes Quilt



Our Community Heroes Quilt is an ongoing fundraiser for ATEN.

Fundraiser supporters can purchase a quilt heart (\$150) or quilt square (\$50) and have the name of their choice embroidered on their piece of the quilt. Candi Hauser generously volunteers to embroider the names on the quilt.

Community Heroes don't wear capes or save the world. They quietly contribute to the world being a better place. Community Heroes are all around us, everywhere!

Thanks and Gratitude

The operation of ATEN would not be possible without the assistance and support of many individuals and organizations in different capacities on different levels. ATEN staff and Board of Directors would like to thank and extend gratitude to:

- Government of Canada and Women and Gender Equality Canada
- Government of Canada, New Horizons for Seniors Program,
- Government of Nova Scotia, Office of Addictions and Mental Health
- Mental Health Foundation of Nova Scotia
- Canadian Women's Foundation
- Green Shield Canada and Community Foundation of Nova Scotia
- East Hants Municipality
- East Hants Community Health Board
- Hants Realty Ltd.
- Nova Scotia Liquor Commission
- Halifax Robert L. Stanfield International Airport Humanitarian Funding (HIAA)
- What's Up East Hants
- each and every person who generously donates and supports
- our mission.
- community partners (locally and across the province), for their collaboration, partnership and support throughout the year.
- the generous and amazing volunteers who donate their time and energy to help support the work of ATEN.
- the supporters and customers of the Violet Rose Gift & Thrift Shop
- the media and news coverage by reporters who helped to raise awareness about ATEN, trauma and mental health.
- to the courageous survivors and individuals who come forward to share their story and continue to inspire, motivate and fuel ATEN with their courage and strength.

Without all of this support, ATEN would not be able to continue to offer this distinct and much-needed service, support and resource.



Financials

COMPILATION ENGAGEMENT REPORT

To the Management of After Trauma Empowerment Network,

On the basis of information provided by management, we have compiled the balance sheet of AFTER TRAUMA EMPOWERMENT NETWORK as at MARCH 31 2023, the statement of income and equity for the year then ended, and Note 1, which describes the basis of accounting applied in the preparation of the compiled information ("financial information").

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting.

We did not perform an audit engagement or a review engagement, nor were we required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, we do not express an audit opinion or a review conclusion or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes.

June 16, 2023

Jodrey & Company Ltd.
Shubenacadie, NS

Jodrey & Company Ltd.

AFTER TRAUMA EMPOWERMENT NETWORK
BALANCE SHEET
AS AT MARCH 31, 2023

	<u>ASSETS</u>	
	<u>2023</u>	<u>2022</u>
CURRENT ASSETS		
Cash and banks	238,685	29,143
Accounts receivable	300	-
	<u>238,985</u>	<u>29,143</u>
FIXED (Note 2)	<u>3,614</u>	<u>1,010</u>
	<u>242,599</u>	<u>30,153</u>
	<u>LIABILITIES</u>	
CURRENT LIABILITIES		
Accounts payable	1,455	-
Employee Payable	-	284
Source Deductions Payable	5,627	15,003
	<u>7,082</u>	<u>15,287</u>
NET EQUITY	<u>235,517</u>	<u>14,866</u>
	<u>242,599</u>	<u>30,153</u>

AFTER TRAUMA EMPOWERMENT NETWORK
STATEMENT OF EARNINGS
FOR THE YEAR ENDED MARCH 31, 2023

	<u>2023</u>	<u>2022</u>
RECEIPTS		
Thrift Store (Note 3)	57,667	-
Donations/Fundraising	25,399	26,875
Councilling	8,820	
Interest	1,589	-
Grants	272,172	68,658
	<u>365,647</u>	<u>95,533</u>
COST OF GOODS		
Vendor Payouts	5,610	-
GROSS EQUITY	<u>360,037</u>	<u>95,533</u>
EXPENSES		
Advertising and promotion	457	-
Donations	5,000	-
Bank charges and interest	626	224
Client Purchases	1,495	1,591
Insurance	1,850	641
Licenses and fees	514	325
Maintenance and repairs	4,993	-
Office supplies and expenses	1,462	2,289
Supplies	2,186	-
Rent	4,140	13,110
Property Tax	2,532	-
Training	-	460
Telephone	1,950	1,186
Travel	330	-
Utilities	7,612	-
Wages and benefits	104,021	100,411
Cash short (over)	218	-
	<u>139,386</u>	<u>120,237</u>
NET EQUITY INCREASE (DECREASE)	220,651	(24,704)
Net Equity, beginning of period	14,866	39,570
Net Equity, end of period	<u><u>235,517</u></u>	<u><u>14,866</u></u>

The accompanying notes form an intergal part
of the compiled financial information

Jodrey & Company Ltd.

AFTER TRAUMA EMPOWERMENT NETWORK
NOTES TO THE COMPILED INFORMATION
FOR THE YEAR ENDED MARCH 31, 2023

1. BASIS OF ACCOUNTING

The basis of accounting to be applied in the preparation of the financial information is on the historical cost basis, reflecting cash transactions with the additions of:

- Accounts Receivable
- Accounts payable and accrued liabilities
- Fixed assets recorded at historical cost and amortized on the same basis as for income tax

2. PROPERTY, PLANT AND EQUIPMENT

Fixed assets are stated at cost.

				Net Book Value	
	<u>Rate</u>	<u>Cost</u>	<u>Accumulated Amortization</u>	<u>2023</u>	<u>2022</u>
Furniture	20%	1,500	-	1,500	-
Computers	55%	2,114	-	2,114	1,010
		3,614	-	3,614	1,010

Jodrey & Company Ltd.

**AFTER TRAUMA EMPOWERMENT NETWORK
NOTES TO THE COMPILED INFORMATION
FOR THE YEAR ENDED MARCH 31, 2023**

3. THRIFT STORE REVENUE

	<u>2023</u>	<u>2021</u>
Store Sales	47,668	-
Space Rental	1,085	-
Vendor Sales	5,049	-
Vendor Table Rental	3,865	-
	<u>57,667</u>	<u>-</u>

Treasurer's Report for After Trauma Empowerment Network

The period covered is April 1/2022 to March 31/23

Cash/bank balance as at April 1, 2022 was \$29143.00

Cash/bank balance as at March 31, 2023 was \$230685.00

Cash/bank balance includes all grant monies received during the year.


Total income brought in for the year was \$365647.00 Portion of this that was received from grants was \$272172.00.

The store opened in November of 2022 . Monthly sales are strong.

The Thrift store earnings, are broken down into sales, space rental, shelf rental and vendor sales.

Total expenses were \$139386.00

Expenses reported on the year end financial statements for expenses such as utilities/wages/rent are totals of these categories. On our accounting software it is broken down into which of these expenses are paid from which grants so we are able to properly cost expenses to appropriate grant.



Treasurer