



***MORE THAN
A PROGRAM***
LOVE Nova Scotia
2021-22 Annual Report



lovenovascotia.ca

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What Guides Us

LOVE's mission:

**Engage
Youth**

**Build
Bridges.**

**Realize
Potential.**

Our values:

LOVE is not just our name; it is who we are.

We are:

Real Accepting each person as they are, creating an environment of honesty and respect.

Open Inclusive and non-judgmental.

Adaptable Responsive to the realities of our youth and communities.

Reliable Trusted to do what we say we are going to do.



About Us

LOVE's mission is to Engage Youth, Build Bridges and Realize Potential. Our vision is a world free of violence and we aim to meet this by working with youth to develop meaningful communication skills, emotional intelligence, a compassionate worldview, everyday life skills, meaningful community connections and networks all while providing access to impactful programming that promotes healthy leisure and access to positive role models. Providing stability to youth from diverse ethnic and racial backgrounds, with varying sexual identities and orientations and with varying levels of ability who come from diverse life situations is a way to break silos of segregation, decrease harmful effects of othering and instil values of peace and respect in young people.

Our programs are informed, designed and driven by youth; a tradition that this proposed work will build on. Youth are referred to LOVE from several sources including social workers, judges, probation officers, teachers, guidance counselors, parents, peers, and health care and mental health professionals. LOVE youth are intelligent, caring, and full of potential; however, we often meet them at a time in their lives when they are disenfranchised, unhappy, or hurt. Our unique approach allows each youth to progress at their own rate, while constantly benefiting from a group environment and one-to-one support. Our positive psychology model helps youth to build self-esteem, and fosters resiliency by encouraging each youth to recognize, honour and use their personal strengths. Based on participatory/user-led principles, the proposed work continues a legacy of programs created for and by youth.

Letter from the Chief Harmony Officer Dennis Adams

Dear Friends and Supporters of LOVE,

In August 2020, with great pride, I accepted the role of Executive Director at LOVE Nova Scotia. With over 30 years of experience as a Registered Social Worker, 20 of which were at LOVE, it is an honour to continue to serve LOVE NS in the role of, what I will refer to from now as, Chief Harmony Officer.

Responding to the realities of COVID-19, the lockdowns, mandated isolation, starving of resources whether it be service provision of supply chain disruptions have all challenged our capacity to continue to provide services and support. Suffering that pre-dates COVID-19 such as racism, poverty, gender-based violence, homelessness, racism, unemployment, has been thrust into the spotlight and in some ways, commitment and attention to solving these issues has been renewed. It is from our youth that solutions and ideas have emerged to inform the development of programs and services needed to maintain accessibility and connection to youth during the pandemic.

As an organization, LOVE is learning and evolving in ways that are informing our future plans. A key piece of our work now centers on a need for relational work, putting families first and embracing intergenerational approaches as being integral to supporting youth.

It is with great pleasure that I welcome a Board of Directors with a range of experience and expertise well-equipped to support the growth and sustainability of LOVE NS as we adapt to new ways of working and living with COVID-19.

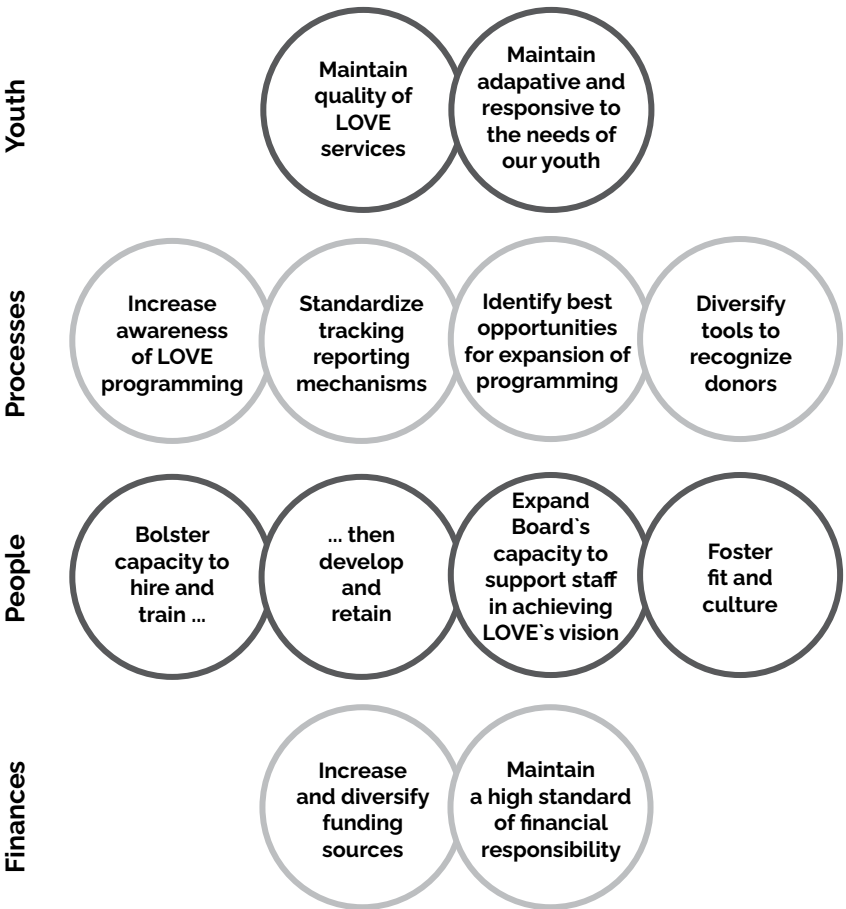
With Love and Solidarity,

Dennis Adams, RSW
Chief Harmony Officer

Strategic Plan

In September 2018, LOVE's Board of Directors and staff participated in a 2-day strategic planning session where we developed a vision statement and objectives to guide our work until 2024. We have been hard at work on these goals and continue to use the plan as a roadmap.

LOVE's strategic objectives for 2019 to 2024





LEADER SPOTLIGHT: Liv

What has kept you coming back to the LOVE program?

Any highlights of your time at LOVE?

The people. I have met so many people through the LOVE program that I now consider family. I came into the program in grade 11 and was welcomed with such open arms. The sense of community at LOVE is like no other. They supported me through everything and blessed me with so many opportunities, from simply giving me a platform to share my writing to going to see Obama speak. They've done nothing but bless me in so many ways, and I hope to one day do the same to the next generation.

You recently received the Light the Way bursary from Bryant Realty—congratulations! Tell us a bit about your future plans and goals.

Thank you! I was connected with a woman by the name of Sandra Bryant through LOVE back in my Grade 12 year. They made it known I was a poet, and she was interested in hearing some of my pieces so we met up. She saw something in me, and graciously sponsored my year in the Foundation Year Program (FYP) at the University of King's College.

I have since finished my year in the program and merged my classes to Dalhousie where I am studying Political Science. In the future, I would love to give back to my community. To be that role model for the next generation of black kids coming up in this city. I also want to take my writing further, and continue to speak on the issues happening in our city, our country, and our world.

Do you have any advice for younger LOVE youth just starting out in the program?

My only piece of advice is to show up. The scariest part is showing up and being vulnerable, but it's so rewarding. At LOVE, we're a family. No questions. Come as you are, we want to get to know you and who YOU are.

I, Too, Have a Dream

By Liv Obura

Let me tell you about this world,
A world saturated with Purity and Love
Where we are free of the mental shackles and
chains that hold our brain hostage
Often times referred to as Paradise, others may
compare it to Perfection
For this is a mere reflection of His dream

In this world, race is simply but a word
A concept we've never heard of...
Due to the simple fact that we would react in
ways that could attract demolition, separation,
of our sacred nations.
Both black and white, the darkness and the light,
intertwined into one.

A world where our Nubian Queens wear their
Crowns with honor, glory and pride,
Not in fear of society turning a blind eye
Forcing them to comply with social norms no longer
exists,
The freedom to rock their natural hair in any
state, afro, braids, or twists.

A world where judgment is not based upon skin
colour but rather by the content of our character
Justice is served accordingly, and equality
is the unifying factor.
We have risen from the dark and desolate valley
of segregation to the sunlit path of racial justice,
Destined to a life dreamt of by our forefathers,
back when it was just us.

As I open my brown eyes and adjust to the
piercing white light,
I long for the feeling of serenity and the comfort
of the night
But time is a bird that leaves its footprints at the
corner of your eye,
You waste time trying to catch him, but time
is a bird,
and time just flies.

After years of silence and shame, the time has
come for us to fight back,
regardless of the pain
You may not understand my life as a black teen,
But I must confess that just like Dr. Martin Luther
King Jr., I too have a dream.

What We Do

Impact

When asked: "What Keeps You Coming Back to LOVE?" Our Youth said:



LOVE STATS

At the end of 2022, LOVE had **280 youth** enrolled in our programs across Nova Scotia. On average, a youth will attend programming LOVE offers over **400 hours** of programming to youth on an annual basis. LOVE supports youth attendance at post-secondary education programs with at least **\$5,500 of educational bursaries** per annum.

Greater Than A Program: LOVE is unique in that it offers the support of an on-staff Registered Social Worker and Youth Workers **24 hours a day, 7 days a week.**

On average, LOVE provides over **1300 hours** of one-on-one support outside of our core programming to youth in Nova Scotia annually. LOVE secured technology (e.g., tablets, cell phones) for **52** youth to keep them connected when we moved online. Shared meals at programming and additional outreach as part of our food program led to providing **over 2,900 meals** to youth and their families each year. LOVE provides over **2,500 bus tickets** to youth each year and with the pandemic, over **600 taxi rides.**



Camp

Traditionally, LOVE Camp brings together youth from Halifax Regional Municipality, Sipekne'katik First Nation, and Membertou First Nation. In the summer of 2020, LOVE was not able to host camp due to provincial lockdowns. In 2021/22, with some public health protections easing, LOVE partnered with Hope Blooms to offer a 3-day Leadership Retreat for youth in the HRM.

Highlights from the Retreats included: cooking lessons in the Hope Blooms kitchen with a professional chef; a visit from a music therapist who works with Find Your Voice Music Therapy; leadership training and games; field trips around the city; and a guest hip hop dance performance.



Map

Our entry-level program, MAP, brings together diverse youth to support them in charting their path forward. In MAP, youth learn to communicate creatively and constructively through sharing circles, facilitated group discussions, and writing activities. All youth have 24/7 access to youth workers and a registered social worker. A combination of one-on-one and group support provides youth with a solid network and strong sense of community. Currently LOVE offers a MAP program in Halifax Regional Municipality (at the University of King's College), in Membertou and in Sipekne'katik. All three were transitioned completely online in 2020 and have shifted to being delivered in a hybrid (in-person and online) format where accommodations are needed at our various locations.



LOVE youth are encouraged to grow into community leaders. As the entry level program, MAP is an opportunity for youth to figure out where they are currently in their own lives (e.g., mapping out where they are) and developing goals/charting paths that may lead them to where they want to be. Trial and error, being ok with ‘failure’ and having peer and professional support is essential to creating a safe space for youth to learn who they are. This newfound sense of self is then further fostered in LOVE’s Leadership and Outreach and LOVE’s Succeed and Proceed programs which encourages volunteering and ‘giving-back’ to the community. One example is how LOVE youth in the Succeed and Proceed program often return to the MAP groups to give talks to youth, to help them see that they too can move beyond the struggles they are experiencing right now.



Leadership and Outreach

LOVE youth who show exceptional leadership potential are invited to join our Leadership Programs, which run in the Halifax Regional Municipality, Sipekne'katik, and Membertou. The goal of Leadership is to support youth to employ leadership skills, make healthy choices, and put forth non-violent ideologies in their day-to-day lives. The Leadership programs incorporate facilitated group discussions, community engagement, and volunteer opportunities. Leadership programs transitioned online for the 2020-2021 program year moving back to a hybrid, online/in-person format in 2022.

Youth are invited to Leadership as young as 16 years old. Main outcomes of Leadership and Outreach are to create space for youth to become ambassadors of non-violence and relationship building in their own communities. Main incentives of being invited to Leadership are the rewards that come with it such as Camp, Leadership retreats/summits, paid speaking opportunities, paid internships, representing LOVE in school and university outreach activities, hosting events such as exhibits and fundraisers and a guaranteed meal at every meeting. Youth graduate from the leadership program with a deepened sense of self, strengthened confidence, an appreciation for their value and worth as human beings and a jam-packed resume complete with work references.





Succeed and Proceed

Succeed and Proceed is a space for LOVE youth who have moved through LOVE's MAP and Leadership curriculum and are receiving ongoing emotional, psychological and practical support to reach personal and professional goals to progress in their life plans. Youth in Succeed and Proceed receive one-on-one support alongside group work and discussions that occur at places in the community in addition to LOVE's Halifax office. Programming includes workshops on resume and cover letter writing, budgeting, banking, house search skills, interviewing and job search skills, goal-setting, parenting, conflict resolution, and exploring activities that contribute to healthy physical and mental health and well-being. Tutoring and educational support, food security, healthy recreation and leisure opportunities, peer support and mentorship also play a key role in Succeed and Proceed.

Succeed and Proceed is a prime example of LOVE meeting youth where they are at. Here, youth exercise autonomy and ongoing consent, deciding when their participation with LOVE ends. Maintaining a connection with youth as they shift from highschool to adulthood enables us to prevent crises, ensure youth have access to food and are offered opportunities to 'give back' to LOVE and the community at large. Youth who complete Succeed and Proceed have reached their last LOVE assisted goal.

School Programs

LOVE In-School

Programming provides a fun, facilitated, supportive space over lunch hours in elementary, middle, and high schools. Only possible with strong partnerships with the schools, these programs promote a positive and inclusive school environment, fostering bonds between youth who might not otherwise interact.



Post-COVID restrictions in schools, LOVE has doubled the number of schools it serves. Currently, LOVE runs weekly programs in North Preston (Nelson Whynder Elementary), Dartmouth (John Martin Junior High and Dartmouth High), and Halifax (Oxford School, Halifax West High School, and Citadel High).





LOVE's graduation program is an opportunity for youth who graduate from high school to have their hard work and accomplishments recognized. Youth at LOVE who receive a certificate indicating they have passed high school and are celebrated as the all-stars, MVPs, best in class and leaders that they are.



Amplifying Youth Voice

Youth Quotes:

We asked, "What keeps you coming back to LOVE?"

"I keep going because it's a safe space and feels like a family."
—Age 14

"How positive everyone is and that they care about what you say." —Age 17

"The honesty and support that the leaders and others there give. I love being honest with myself, and I love hearing how other people around me think." —Age 17

"The realness and the commitment to take care of everybody."
—Age 19

"Building myself as a person."—Age 19

"The peace." —Age 15

"The activities and stories. Oh and the food." —Age 18

"The people. I get to make memories with the people that care for me." —Age 17

Conversation for Change

Conversations for Change is a program created by the LOVE youth and alumni. C4C's main purpose is to give a voice to the youth from our communities but also bridging the gap of communication and understanding of each other. Hosted by LOVE's own Shawtay Rose-Dann, Conversations for Change is molded and styled by the youth and the challenges they face and questions they have for their peers.



Youth Roundtable

The goal of the Youth Roundtable is to create a brave space where youth with lived experience with the various aspects of the Child Welfare system in Nova Scotia can talk about the impact such experiences had on their health and well-being. Feedback about what type of Child Welfare system would have the capacity to minimize harms to youth and their communities is shared directly with Nova Scotia’s Department of Community Services.

Youth in Transition Mentoring and Training Project

The training project comprised of former Youth in Care builds their leadership & facilitation skills as well as self-care practices. The insights and outcomes of this work creates the basis for advice, collaborative conversations, recommendations, and training that this collective of Youth can offer to Government

YOUTH IN TRANSITION



initiatives and projects that impact youth in care, with a specific focus on improved outcomes for Youth transitioning out of care. The collective of former Youth in Care is trained to explore and discern where they can contribute their perspectives and what support they need to do so.

Responding to the Pandemic

Adapting to Covid-19

LOVE's core programming was shifted entirely online when the pandemic first led to mandatory closures and wide scale public health protections in early 2020. During this time, LOVE staff worked tirelessly to ensure that programming standards did not decrease in quality, that LOVE youth had access to technology needed to connect virtually and that additions/modifications to our core programs (MAP, Leadership and Outreach, and Succeed and Proceed) were made as youth requested them.

To complement online programs, LOVE staff frequently delivered bus tickets, grocery gift cards and meals to youth at home, provided additional one-on-one contacts by phone and text, and were there to support youth with any issues affecting them, including health-related stress, staying on track with online schooling, and feelings of isolation.

Youth referrals have remained at an all-time high, with many programs at capacity; a testament that staff's work to maintain the bonds and sense of belonging of our programming during a pandemic was successful.

Bursaries

**LaQuinta Memorial Bursary –
One per year at \$500.00:**

To be awarded in 2023

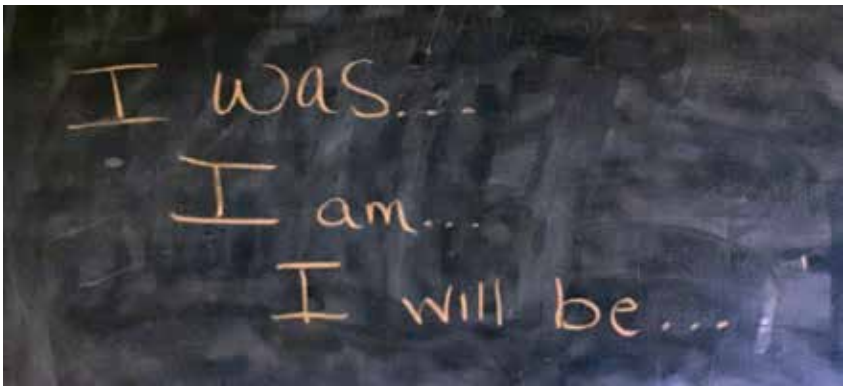
**Liam Thompson Memorial
Bursaries – Two per year at
\$1,000.00:**

2022: Afrika Jones

2022: Donntayia Jones

**Light the Way Bursary –
Sponsored by Bryant Reality
\$4000.00 annually for each
graduate year for one LOVE
youth in post-secondary
education:**

2022: Liv Obura



Meeting Youth Needs

To continue to meet youth needs during trying times that accompany a global pandemic, LOVE has launched several programs requested by youth which include but are not limited to:

Free Flow Fridays

Free Flow Fridays served as an online space to share art and creative outputs, like singing and poetry. This program replaced in-person events when public health protections prevented us from hosting them. LOVE's Art Exhibit and our province-wide leadership camp are spaces where youth from the HRM, Membertou and Sipekne'katik typically come together and build meaningful friendships. Free Flow Fridays enabled youth to stay connected and share their creative ventures in the absence of camp and the exhibit.

Second Chances

Piloted for the first year, Second Chances fills an identified gap where youth who have met their goals and graduated from Succeed and Proceed, relapse on their goals and often reach out for guidance and support but LOVE has limited capacity to respond. With financial support through a joint effort between the Arts Community Culture and Economics (ACCE) Halifax and the Black Lives Matter Solidarity Fund of Nova Scotia, LOVE youth who relapse on their goals will not have to deal with the consequences in isolation (e.g. legal involvement, homelessness, family conflict). Through the Second Chance program, no youth is left behind.



LOVE Nation Youth Advisory Board

The LOVE NS Youth Advisory is a working group of current youth, LOVE alumni and allies who assist with future planning of the operations and governance of LOVE NS according to applicable by-laws, legislation and the society's mission, vision and values. Members have full voting rights.

Food Program

LOVE Nova Scotia works with some of Nova Scotia's most vulnerable youth and their families. The vast majority of the youth we serve are food insecure. Funding from Sobeys and The United Way Halifax allows LOVE to support the families of our youth, helping them to put food on the table which helps our youth function in the daily lives. This funding means that LOVE no longer runs into situations where not all youth from a family where only one child is involved with LOVE receives food. As such, the generous support from Sobeys fosters dignity, inclusion and belonging by helping to provide enough food for everyone at the table. Gift cards are distributed by our Registered Social Worker during programming and one-on-one support.



On the Horizon

The following are activities that are in line with LOVE NS's 5-year strategic plan (2019-2024) and are done with the intention to grow the organization, provide services to youth across Nova Scotia, diversity funding, and hire and retain employees that are a good fit with LOVE's mission and values.

A key goal is to strengthen LOVE's multimedia presence to amplify youth voices. Support from the Canadian Women's Foundation for the 2022-2023 fiscal year has been procured to support the completion of a participatory program evaluation. New partnerships and relationships are constantly being built. Some include arts-based organizations, the Department of Community Services, Dalhousie University and Mi'kmaq communities.

Equity, Diversity, Inclusion, Accessibility, Belonging and Justice (EDIABJ) are also important to LOVE. Work to formally document LOVE's approach to (EDIABJ) in an anti-colonial and anti-racist framework will be part of the program evaluation and is embedded in some of the work being done to strengthen working relationships with funders from foundations and the province alike.



Board of Directors

LOVE Nova Scotia Incoming Board of Directors 2021-2022

Sobaz Benjamin – Chair

Founder and Executive Director, In My Own Voice (iMOVE)

Jesse Sharratt - Vice Chair

COO - LAUFT

Shawntay-Rose Dann - Youth Representative

Conversations for Change Host and Youth Leader, LOVE

Nicole Baxter - Treasurer

Payment Services Officer - Service Canada

Daria Fantaci - Secretary

Student and LOVE Alumni

Shannon Hansen - Board Member

Teen Specialist, Halifax North Memorial Public Library

George Finyanos - Board Member

Lead Residential support worker Sunshine Care Homes Inc.

Martez Wiggins - Board Member

Program Officer - Common Good Solutions

Financial Reports

From the Auditor

LOVE: LEAVE OUT VIOLENCE NOVA SCOTIA SOCIETY

Statement of Financial Position

March 31, 2022

	2022	2021
ASSETS		
CURRENT		
Cash - unrestricted	\$ 574,207	\$ 682,110
Guaranteed investment certificates - restricted	350,148	150,000
HST recoverable	13,901	8,507
Prepays and deposits	5,375	5,998
	<u>943,631</u>	<u>846,615</u>
PROPERTY AND EQUIPMENT	<u>33,329</u>	<u>47,010</u>
	<u>\$ 976,960</u>	<u>\$ 893,625</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 18,331	\$ 20,974
Employee deductions payable	11,203	8,474
Deferred revenue	114,583	198,250
	<u>144,117</u>	<u>227,698</u>
DEFERRED CAPITAL CONTRIBUTIONS	<u>15,209</u>	<u>25,946</u>
	<u>159,326</u>	<u>253,644</u>
NET ASSETS		
Internally restricted for growth objectives and temporary contingencies	350,000	350,000
Unrestricted fund	467,634	289,981
	<u>817,634</u>	<u>639,981</u>
	<u>\$ 976,960</u>	<u>\$ 893,625</u>

LOVE: LEAVE OUT VIOLENCE NOVA SCOTIA SOCIETY
Statement of Revenues and Expenditures
Year Ended March 31, 2022

	2022	2021
REVENUES		
Government contributions	\$ 598,872	\$ 384,143
Foundations and other charitable contributions	282,395	386,411
Business entity contributions	49,449	40,481
Individual contributions	24,691	56,963
Fundraising and other	5,148	8,275
	<u>960,555</u>	<u>876,273</u>
EXPENDITURES		
Program, service and activity costs	624,677	471,158
Administration and funding development	82,366	70,872
Premises rent and utilities	59,307	59,080
Amortization	16,552	15,998
	<u>782,902</u>	<u>617,108</u>
EXCESS OF REVENUES OVER EXPENDITURES	<u>\$ 177,653</u>	<u>\$ 259,165</u>

LOVE: LEAVE OUT VIOLENCE NOVA SCOTIA SOCIETY
Statement of Changes in Net Assets
Year Ended March 31, 2022

	Internally Restricted	Unrestricted Fund	2022	2021
NET ASSETS - BEGINNING OF YEAR	\$ 350,000	\$ 289,981	\$ 639,981	\$ 380,816
EXCESS OF REVENUES OVER EXPENDITURES	-	177,653	177,653	259,165
NET ASSETS - END OF YEAR	<u>\$ 350,000</u>	<u>\$ 467,634</u>	<u>\$ 817,634</u>	<u>\$ 639,981</u>

Love Supporters

CORPORATE

Bryant Realty
Clearwater
Dalhousie University
McInnes Cooper
Royal Bank of Canada
Sobeys

GOVERNMENT

Federal Government

- Service Canada (Canada Summer Jobs)

Province of Nova Scotia

- Department of Addictions and Mental Health
- Department of Community Services

Department of Justice

- Department of Labour and Advanced Education
- Department of Community, Culture, Tourism and Heritage

FOUNDATIONS

Arts Community Culture Economics Association of Fundraising Professionals NS
Benevity Community Impact Foundation
CanadaHelps
Canadian Red Cross
Canadian Women's Foundation
Halifax Public Libraries

J&W Murphy Foundation
Law Foundation of Nova Scotia
Mental Health Foundation of Nova Scotia
United Way Halifax
Windsor Foundation

PRIVATE

Anonymous Donor
Amber Arbique
Joshua Beck
Paul Black
Jesse Blackwood
Aaron Joseph Clarke
Catherine Ellen Dalton
Eileen Fearon
Karen Gross
Michael Hanlon
Stephen and Patricia Harwood
Jason Haslam
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Janice Maloney
Elizabeth Abbie Martyn
Christine Oreskovich
Robyn Schleichauf

Jesse Sharratt
John Thompson and Jenny Fearon
Elaine Wright
Lois Whitehead
Drew Yamada and Jennifer Adcock

PARTNERS

Bravespace
Colchester County Mental Health
Dalhousie School of Social Work
Dartmouth High School
John Martin Junior High School
L'nu Sipuk
Kina'muokuom School
Membertou Heritage Park
Nelson Whynder Elementary School
The Peoples' Counselling Clinic
University of King's College
YouthNet

IN-KIND

AfterWords Literary Festival
Chartwells
Halifax Wanderers
Hope Blooms
HMCS King's Wardroom
McInnes Cooper
Salesforce