

# **2020-2021 annual report**



**planned  
parenthood**  
toronto



# table of contents

letter from the board chair and executive director .....	3
health services highlights .....	5
communicating changes to our clients .....	6
clinical services .....	7
mental health groups and workshops .....	9
coping and connecting through COVID-19 .....	10
community programming .....	12
community programming highlights .....	14
research .....	17
challenging anti-Black racism at PPT .....	18
responding to COVID-19 .....	20
volunteering at PPT .....	21
statement of revenue and expenses .....	22
donors & fundraising .....	24
board of directors & staff .....	26

# letter from the board chair and executive director

It feels impossible to write anything about 2020 that doesn't revolve around the COVID-19 novel coronavirus pandemic. This obviously had a significant impact on the operations of the agency, on the members of our team, on the clients and communities we serve, and on everyday life in general.

We cannot begin to express just how proud we are of PPT's staff, volunteers, and community partners for the way they have come together to help us weather the storm. Every part of the agency sprang into action when the pandemic was declared and, within a few weeks, all of our health care providers and community programming staff were able to work from home in order to decrease transmission rates and enable physical distancing in the clinic and to virtually provide the care and community connection that youth seek from us. Even in a year where so much of our work moved online, we never closed our doors to in-person service due to the essential health care we provide to youth. There have been staff working on site at PPT every day to ensure that our clients can access the care they need.

Our response to the pandemic also involved redeployment of some staff to screening shifts and front desk support, and all staff learning new skills and ways of working while adjusting to work from home life, and the challenges of living, parenting, and caring for themselves and their families in an ever changing landscape.

While our staff were taking this work on, the summer of 2020 also brought a heightened focus on the important and necessary work of unlearning and relearning how we as an organization need to do more to directly challenge the systems of oppression that create barriers for Black youth and Black communities in Toronto. As PPT started to engage with this work more directly and intentionally, staff have been a driving force in pushing us all, as individuals and as an agency, to take responsibility for making change.

We are so grateful to our staff for how they have risen to the many challenges of this past year and worked tirelessly to ensure that PPT was there for our clients, for our communities, and for each other every step of the way.

All of these things required the entire agency to work together, and was made even more challenging due finding ourselves in a period of great internal transition: in addition to adapting to working from home, providing virtual programming and services, and adopting new pandemic protocols, we also started a search for a new Executive Director in fall 2020.

With our previous Executive Director, Sarah Hobbs, at the head of the organization for over a decade, and the events of last summer bringing anti-Black racism and racial inequities to a boiling point like we've never seen before, a crucial opportunity presented itself. Our search for a new Executive

Director allowed us to revisit the ways that leadership at PPT has changed over time and to ensure that we were doing all we could to live up to the promises we've made to youth when deciding who would be the right candidate to help shape the future of PPT.

As the Interim Executive Director, Cheryl leaned on her years of experience as the Director of Community Programming and Research to guide staff and volunteers through the challenges brought on by the pandemic. This included pivoting to meet the needs of clients and to support staff: implementing new models of care and navigating ever-changing guidelines to ensure youth could still access the healthcare they need, supporting staff who were experiencing unprecedented change at work and at home, and finding (at times creative) ways to provide both clients and staff with the resources they needed to keep themselves and their communities as healthy as possible.

We are excited that after a long and thorough search, that effective July 2021 we will be welcoming Mohini Datta-Ray as the new Executive Director at PPT. Mohini brings with her extensive experience

in HIV community development, prevention education, youth-focused sex education and healthy relationship projects with a number of communities impacted by racism and poverty in Toronto and Ontario. Driven by social justice, she believes that leadership means being transparently values-driven, speaking truth to power and building alliances across movements in order to become a conduit for change, justice and the shifting of power.

There were changes at the Board level as well this year, and with Tom as the newly named Chair of the Board in 2020 and a new Vice Chair and Secretary stepping into their roles, these key positions are now all occupied by youth. This is a significant milestone for an agency focused on youth needs to have youth in these roles with decision making power to actively steer the organization.

Last year's letter wrapped up by sharing with you that we were sure the next year would bring further change and even more challenges, and that we were ready for it. Now a year later, with new experiences, faces, and tools for facing the future at our side, we could not be more excited to rise to the challenge for choice in 2021 and beyond.



**Tom Gleason**  
*Board Chair*



**Cheryl Dobinson**  
*Interim Executive Director*



# health services highlights

Despite the declaration of the COVID-19 pandemic in March 2020, our clinical services and dedication to our clients has never wavered. We immediately re-shaped the way we work, altering staff schedules and appointments in order to minimize risk to clients while ensuring access to clinical care. Providers were issued laptops to practice remotely and we instituted an on-site provider schedule to serve clients whose needs were best met in-person.

## by the numbers

We saw a **35% increase** in trans clients accessing services this year, adding 24 new trans clients to our own roster and connecting 21 trans clients to external services



**100+ clients** were able to access services around medical abortion (mifegymiso)



We served a total of **4,232** clients over **10,195** encounters

**100%** of client experience survey respondents said their clinician met their needs at their appointment



**90%** of client experience survey respondents think positively of our implementation of virtual visits



## top issues addressed

visit for medication prescription

request for results of test(s)

anxiety

request for referral(s)

request for administrative procedure / form

trauma

depression

fear / concern about sexually transmitted disease (female)

counselling / advice on contraception (female)

iud advice / insertion

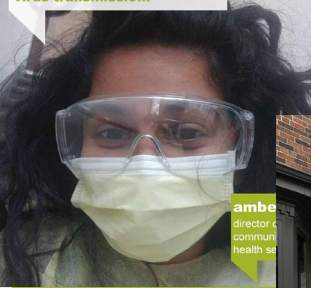
# communicating changes to our clients

During the pandemic, we wanted our clients to know that we were aware the pandemic was having an effect on their desire to seek care because of concerns around virus transmission. We also wanted them to know that we were worried about the negative health effects, both short term and long term, for clients and our health care system that could come from deferring or cancelling important medical visits.

So we created messaging to reiterate that we were open for our regular hours and have been offering the majority of our usual services by virtual visit, using either phone or video check-ins with clients.

After the initial phone or video visit with one of our clinicians, if an in-person visit was deemed necessary, we reassured clients that we have protocols in place to ensure both client and staff safety for face-to-face encounters and explained our additional protocols in a client-friendly way.

we want our clients to know that we are aware the pandemic is having an effect on their desire to seek care because of concerns around virus transmission.



**ambe**  
director of  
community  
health services

we're worried about the negative health effects, both short and long term, that will come from deferring or cancelling important medical visits.



**aimee**,  
case coordinator

**lea rose**,  
volunteer engagement  
worker, youth HIV project

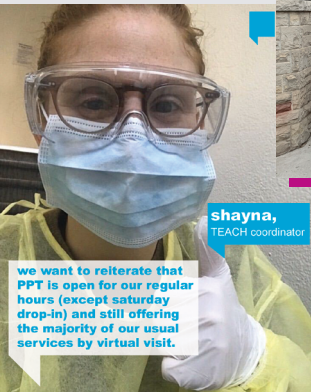
**eloise**,  
care, intake and access  
worker, EdgeWest



**talita**,  
front desk assistant

... and as soon as we're able to be back up and running, offering our full services, we will be!

we want to reiterate that PPT is open for our regular hours (except saturday drop-in) and still offering the majority of our usual services by virtual visit.



**shayna**,  
TEACH coordinator

after a phone or video visit with a clinician, if an in-person visit is necessary, we want to assure clients we have protocols in place to ensure safe face-to-face encounters for you and staff.



**kaitlin**,  
physician

## low and no touch abortions

Another challenge of the pandemic has been limited access to abortion care. We realized this early on and began to seek out alternative ways of providing this service. Our providers were already well-versed in prescribing medical abortion medication, so the pivot to no- and low-touch abortions was a natural next step.

Two significant barriers for clients, especially during COVID-19 restrictions on non-essential travel, were proximity to a clinic that offers abortions or abortion related services and reliable transportation to and from their appointments.

Low- and no-touch abortions provide low-barrier access to proven safe and effective abortion care. Clients are able to book a virtual appointment and, provided their gestational age is below the maximum for the medication to be effective, they are virtually prescribed the medication, which they can pick up and take. Providers may request patients undergo an ultrasound and other testing as needed, the results of which can be shared via fax so there's no need to come all the way to PPT.

In cases where lab investigations are not necessary clients can be counselled virtually through the process, without having to leave their homes (except in situations where they must travel to the pharmacy to pick up the abortion medication). In either case, the clinician then finally virtually counsels the client to ensure that the abortion was successful.

PPT performed 30 no and low touch abortions this year.

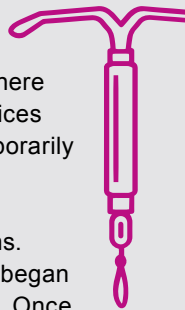
## the implant

When Health Canada's approval of the birth control implant was finalized in September 2020, PPT went to work. Clinicians participated in virtual training and were able to shadow one of our physicians who is an approved provincial trainer of birth control implant insertion and removal. We are now able to provide this service to clients.

Approximately the size of a matchstick, the implant is a small, soft and flexible plastic rod that is inserted by a healthcare professional just below the skin on the inner side of a patient's upper arm. When inserted correctly, it's shown to be very effective, with less than one pregnancy per 100 patients who used the birth control implant for one year.

## IUD access

Due to the pandemic there were a handful of services we were asked to temporarily pause under primary healthcare guidance, including IUD insertions. In response to this we began a waitlist for insertions. Once we were able to resume in the summer of 2020, when restrictions were eased, we began to tackle this waitlist and were caught up by January 2021. We inserted a total of 362 IUDs last year.



## flu shot clinic

This year we piloted our first flu shot clinic for youth, after hearing that many pharmacies and clinics were struggling to meet demand, and that youth were having difficulty accessing clinics that could immunize them.

Given the challenges that COVID-19 restrictions presented and the difficulty of distancing inside the clinic, our team set up an outdoor waiting area with clinicians administering flu shots from an exam room with a rear entrance. Clients booked in 20 minute intervals, allowing youth to safely distance themselves in the waiting area.



*PPT staff (left) welcoming a client (centre, right) receiving their flu shot at our outdoor clinic*

Our first flu shot clinic on November 6th booked up within 24 hours of accepting appointments, and the second clinic held on November 23rd booked up within 48 hours. We were able to provide flu shots for 21 clients, using staggered appointment times over two days.

## health services peer education program

We frequently hear from youth that they want to receive accurate sexual health information from their peers, since they sometimes have questions they don't feel comfortable asking a clinician. That's why we continued to offer appointments with our health services peer education youth volunteers, who were able to take on appointments via virtual visit, to provide information on a wide variety of sexual health topics. This year the program served 360 clients over 469 interactions.

## mental health services

Like our other services, our mental health team remained agile in the face of the pandemic and continued to deliver the same client-centered, holistic approach to mental health services. Providing service entirely virtually for the last year, our mental health team served 1,629 clients.

The mental health team also held a series of virtual groups and workshops. The first workshop was held several months into the first lockdown, and focused on mental health, isolation, loss of community, and coping with other negative impacts of the pandemic on youth.

We've also held two groups for trans youth in COVID-19 and three employment workshops to tackle the difficulty of finding employment in the job-hunting landscape further complicated by the pandemic.



# mental health groups and workshops

## trans and non-binary youth

For many trans and non-binary youth, the onset of the pandemic prevented gathering in traditional community spaces and connecting to others.

To combat this, we offered a multi-week virtual group that created space for support and discussion for trans and non-binary youth ages 16-29, including those still exploring their gender identity. The group extended support for youth by offering virtual workshops on exploration of gender identity, coming out to friends, family and coworkers, navigating dating and sexual relationships, and dealing with transphobia and discrimination. The group also did some work around COVID-related burnout and the fatigue that comes from being disconnected from spaces where trans and non-binary youth normally seek community.



## food and body image

In collaboration with Sheena's Place, PPT's mental health team organized several workshops for participants discussing food, body image, and body positivity. Following the announcement of the pandemic, the popular "food and body image" workshop moved to a virtual setting, where participants gathered via zoom to explore ideas and strategies for improving body image, creating a more positive relationship with food. The workshop also helped participants to learn more about what body image is, and about the health at every size movement.

**food and our bodies**

- explore strategies for improving body image and creating a more positive relationship with food
- get the facts:
  - weight is not an accurate measure of health
  - dieting doesn't work — 'good' and 'bad' foods don't exist
- learn about what body image is, and about the health at every size movement

**thursday march 19th, from 5:30 - 7:30 pm**  
at planned parenthood toronto (36b prince arthur avenue)

**come to listen and learn, or share your ideas – or both!**  
this free workshop is intended for folks aged 13-29.  
limited spots available — for more info or to register,  
please email randi at [rpaxton@ppt.on.ca](mailto:rpaxton@ppt.on.ca)

**pizza, childcare subsidy and ttc tokens provided!**

PPT is excited to run this workshop in collaboration with Sheena's Place, a community mental health charity that supports individuals, families, and friends (ages 17+) affected by eating disorders and body image challenges through the provision of professionally facilitated groups and workshops.

 **planned parenthood**  
toronto

 **SHEENA'S PLACE**  
Support for eating disorders

# coping and connecting through COVID-19

In the early stages of the initial lockdown following the declaration of the pandemic in Canada, PPT's mental health team heard from many clients that they were experiencing stress, grief, and feelings of anxiety with how uncertain things were and how little we knew about transmission, precautions, and global case numbers.

To help support youth through these feelings, including a sense of loss of community, we held a virtual workshop to help clients build out their toolbox of coping strategies, explore ways to stay connected with others through digital channels, and to make a concrete plan for moving forward.



**connecting and coping during covid-19**

planned parenthood toronto

- build your toolbox of coping strategies
- explore ways to connect with others
- make a plan for moving forward

**date and time to be determined, based on participant availability**

(we will be meeting through OTN video sharing)

**come to listen and learn, share your ideas, or both this free workshop is intended for youth aged 13-29**

**limited spaces are available. to register or get more info, please email [aimee](mailto:aimee@awilson@ppt.on.ca) at [awilson@ppt.on.ca](mailto:awilson@ppt.on.ca)**

**choice is yours.**

Based on participant discussion from the workshop, we developed a series of PSAs that were used throughout the last year to remind folks while the future may seem uncertain, that we're all in this together.



Additionally, a series of PSAs were created based on client's frequently asked questions, that aimed to provide updates about changes to service at the clinic in a friendly and accessible way, and as a reminder that PPT would continue to offer our services and programs virtually wherever possible, to alleviate the stress of trying to find healthcare and programming during a pandemic.



# community programming

Due to the COVID-19 pandemic, all our community programming was completely virtual this year. Staff quickly learned how to use various online platforms, adapted workshops and programming for online formats, and figured out how to make things interactive and engaging for youth participants.

We continued to offer programming that was a diverse reflection of the youth we serve, focusing on sexual and reproductive health, healthier relationships, mindfulness, anti-homophobia/biphobia/transphobia, and more.

## by the numbers



Community programming staff delivered **254 workshops** and sessions of group programming to over **2000 youth**.



Over **2200 youth** got answers to their sexual health questions by contacting Teen Health Source's anonymous service.



Over **3 million** people visited the [teenhealthsource.com](https://teenhealthsource.com) website.

## programs

- **Mindfulness** programming, with a focus on building healthier relationships with self and others
- **NBD** (Non-Binary BIPOC Drop-In), a virtual program for non-binary BIPOC youth
- **PEAK** (The Youth HIV Project: Prevention, Engagement, Action and Knowledge), an HIV/STI prevention and anti-stigma peer education project
- **SHARP** (Self-Esteem Health Appreciation Respect Project), programming for newcomer youth
- **SNAP** (Supporting Newcomer Access Project), peer-based sexual health education for newcomer youth
- **TEACH** (Teens Educating And Confronting Homophobia), a peer-based youth anti-homophobia/biphobia/transphobia education program
- **Teen Health Source**, comprehensive peer-based teen sexual health information utilizing the web ([teenhealthsource.com](https://teenhealthsource.com)), text, email, phone and instant chat for youth 13-19 years old
- **Time Out**, a weekly drop-in group for young parents
- **Youth and Masculinities Peer Project**, a sexual health education and resilience building project for young men and masculine-identified youth

# here's what participants have to say:

## teen health source

*"This really helped me with the questions I had, even though there were some private/embarrassing things I had to ask about, the volunteer was nonjudgmental, reassuring, and polite about the whole thing."*

*"I don't really have many friends or anyone to talk to about sex advice, not even a doctor I'm comfortable with. Having a chat service that I can just quickly ask questions to makes me feel so much more normal and accepted."*

## the youth HIV program: PEAK (prevention, engagement, action, knowledge)

*"I liked how we moved from stigmas to impact to allyship. I also appreciated the connection between the systems of white supremacy and the stigmas associated with STI stigmas"*

*"I liked that it was more interactive than a lecture and everyone's verbal contributions rounded out the knowledge given."*

## TEACH (teens educating and confronting homophobia)

*"I think it's really cool to have an organization to help educate teens on these topics because I don't think my class knew a lot before, but I think they know a lot more now"*

*"It was probably my favourite class since the year started. I loved being part of this and I hope we can do it again in person"*

*"This was good! I'm a lesbian and some of my friends are queer and it sparked good discussions about the LGBTQ+ community with us afterward"*

## SNAP

Supporting Newcomer Access Project (SNAP) was a peer sexual health education and leadership project for newcomer youth in Toronto. SNAP staff trained newcomer youth in the city to become sexual health educators, who then created and led workshops all around the city for other newcomer youth ages 13-29.

SNAP was built around a commitment to providing sexual health programming that respected their knowledge, values and experiences around sexual health and healthy relationships.

Among the final projects that the SNAP volunteers and staff worked on were a digital information resource on sexual health and healthier relationships, as well as a translation of some of PPT's factsheets, made available to newcomer youth in Arabic, Chinese, Farsi, Portuguese, and Spanish. The factsheets were selected by volunteers and translated into downloadable and printable PDFs to make them more accessible to newcomer youth, and the digital information resource covers a wide range of topics relevant to newcomer youth: finding and accessing healthcare, sexual health and mental health resources in the city, learning how to use the TTC, exploring and challenging stigma around sexual health, and a variety of other topics.



The SNAP team has taken on a number of projects over the years, most recently working to create a digital information resource that will live on PPT's website and social media (right). Several of our factsheets were selected by volunteers and translated into downloadable and printable PDFs to make them more accessible to newcomer youth [Arabic factsheet on Consent pictured right].

## teen health source launches an AI chatbot

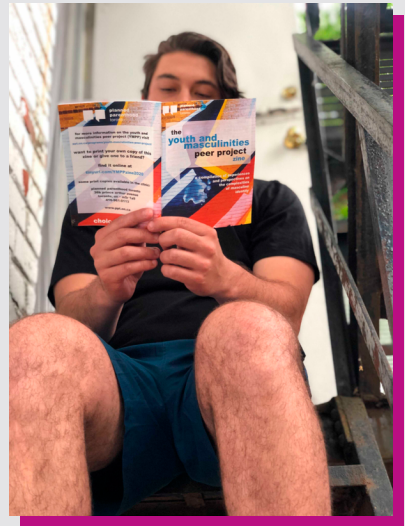
Since the start of the pandemic, teens have had a difficult time accessing sexual health information that is accurate, accessible, and non-judgemental. The goal of our new artificial intelligence chatbot is to help make it easier for youth to get answers to their sexual health questions.

The chatbot uses artificial intelligence and natural language processing to interpret questions and pull content from pre-written conversations developed using Teen Health Source resources. It's able to answer the most commonly asked questions we receive and direct teens to other trusted resources when it does not have answers. This increased access to information helps improve teens' sexual health outcomes and ability to make informed choices about sex and relationships. Launched in February 2021, the chatbot quickly became popular and had already answered over 580 user questions by the end of March.

Youth can still text, email, phone, or chat online with Teen Health Source staff and volunteers, but for the hours that our staff and volunteers are offline, users can ask the chatbot their questions. The best part is that the chatbot is continually updating and learning to better meet the changing needs of teens, covering topics like birth control, STI testing, OHIP+, gender identity, sexual orientation, the abortion pill, and more.

## youth and masculinities peer project

Between June 2017 and July 2020 the Youth & Masculinities Peer Project, composed of masculine identified youth, came together to explore building healthier relationships and sexual health.



*The YMPP zine is the outcome of conversations with young men and masculine-identified youth from all across Toronto about their experiences of sexual health, mental health and self-care, and features art by various program participants.*

As the program wrapped, the project volunteers published a compilation of work that speaks to the complexities of masculine identity, with the contributors each sharing their experiences and perspectives.

## NBD (non-binary BIPOC drop-in program)

This year we started developing a new virtual drop-in program specifically for non-binary BIPOC youth. Program staff brought together a group of volunteers to form a Youth Advisory Committee to collaboratively develop the programming for launch in April 2021. Volunteers will play an active role in the ongoing implementation of this drop-in group, including co-facilitation.



### come hang out with us, it's NBD. (bi-weekly non-binary BIPOC drop-in)

NBD (Non-binary BIPOC Drop-in) is a bi-weekly virtual hang out space for youth who are non-binary, gender nonconforming, and/or gender diverse AND Black, Indigenous, and/or people of colour. It is a four year initiative funded by The Canadian Women's Foundation.



**what:** discussion, hang outs, arts & crafts, writing, zine-making, & more.

**who:** youth aged 13-29 who are nonbinary, gender nonconforming and gender diverse, and are Black, Indigenous, and/or people of colour.

**when:** mondays bi-weekly 4-6PM EST (every other week starting May 10)

**where:** a zoom link will be emailed to those who register

**how:** hit the link in our bio and sign up using the google form

\$10 GC gift card available for drop-in attendees each week. For any questions or more information please email [dinaly](mailto:dinaly@ctran@ppt.on.ca) at [ctran@ppt.on.ca](mailto:ctran@ppt.on.ca)



### join the nonbinary BIPOC drop-in's youth advisory committee.



*Recruitment and promotional posters for the new Non-binary BIPOC Drop-In program (or 'NBD') created in consultation with program staff and volunteers*

## mindfulness programming

With the uncertainty and unpredictability of the last year, the demand for mindfulness programming increased dramatically. In order to meet this demand, we offered a range of mindfulness based workshops and programming for youth focusing on reducing stress, increasing distress tolerance, managing anxiety, increasing emotional regulation, and positive coping strategies. Over 70 sessions of mindfulness-based programming were offered this year, reaching over 180 youth.





# challenging anti-Black racism at PPT

## the Black youth mental health initiative

In response to the growing awareness of the violence and racism against Black people and communities, we decided it was time to provide more direct support to Black youth in Toronto. Teaming up with Continuing Healing Consultants, together we launched the Black Youth Mental Health Initiative.

We wanted Black youth to be heard and feel supported in the development of this work, so we created a needs assessment survey in order to help inform the workshops and programs offered as part of this initiative.

Based on the survey findings, we held a series of workshops as well as two eight-week therapeutic group series: one group for 16-19 year olds, and an additional group for 20-29 year olds.

Workshops covered topics such as poetry and artistic empowerment/liberation, self care, yoga, and building healthy relationships, while the therapy groups focused on coping with stress and anti-Black racism during the COVID-19 pandemic.

In addition to this work, we have begun to prioritize Black youth for our mental health services, along with our existing priority access for Indigenous youth.

### virtual therapy groups for Black youth: coping with stress and anti-Black racism during the COVID-19 pandemic

Mondays from March 22nd to May 17th

Ages 16-19 meet from 4-5:30pm (excluding Monday April 5th)

Open to TO + GTA youth. Facilitated by Dr. Roberta Timothy as part of the BYMHI. Contact [bymhi@ppt.on.ca](mailto:bymhi@ppt.on.ca) for details and registration, or visit [ppt.on.ca/bymhi](http://ppt.on.ca/bymhi)



### workshop series for Black youth

We're introducing new workshops on health and wellness as part of the Black Youth Mental Health Initiative. All workshops in this series will be facilitated by Dr. Roberta Timothy of Continuing Healing Consultants. Open to Black youth in Toronto + the GTA, ages 13-29.

**march 16th healthy relationships feat. adam benn**  
**april 6th yoga feat. sophy osoro**  
**april 20th self-care feat. adam benn**

Workshops will take place from 5pm-6:30pm on the above dates. Participants will receive a \$10 grocery gift card for refreshments. Contact [bymhi@ppt.on.ca](mailto:bymhi@ppt.on.ca) to register for select (or all) workshops.



## **all-staff anti-Black racism training**

As part of deepening the ways we engage with anti-Black racism and challenge white supremacy as an agency, we provided training for all staff this year through offering four sessions for staff to choose from (separate trainings for white staff, non-Black racialized staff, and Black staff respectively, and an additional training session open to any staff) based on their own self-selection of which was the best fit for them. The purpose of having these different sessions was to provide training to everyone in the best way possible, given our varied relationships to anti-Black racism, as well as to create safer environments for all staff to learn and to lessen the chances of harm to Black staff.

Evaluations results from the training were very positive, with 90% of staff who completed the evaluation survey indicating that the training deepened their understanding of the impact of anti-Black racism and 67% reporting that the training enhanced their skills in addressing anti-Black racism.

## **staff work plans + anti-Black racism**

As an agency committed to serving and removing barriers for diverse groups of youth in Toronto, we must work together to confront white supremacy in all its forms, and to centre Black, Indigenous and POC voices and experiences. This comes with actively decentering whiteness in our work at PPT, in our community and in ourselves.

That's why we introduced a new workplan item on anti-Black racism for every staff member at PPT; we know that we can always do more to improve our services and opportunities specifically for Black youth in Toronto, and explore how we have a direct hand in challenging the systems of oppression that create barriers for Black youth.

Since we offer a wide variety of services and programs, managers are working with staff individually to create actionable items on their workplans that look to increase capacity to address anti-Black racism and better meet the needs of Black youth accessing our programs and services.

# responding to COVID-19

## staff redeployment: the screen and clean team

Staff members across all parts of the agency have done a phenomenal job of helping PPT adapt to the new guidelines and practices that allowed us to keep our doors open to clients who require in-person appointments with a clinician. The work of the many staff who we have redeployed within the agency, moving outside of their traditional roles to learn and take on new responsibilities, has been instrumental in PPT being able to continue to offer in-person healthcare services.



*Mitch, a community health promoter here at PPT (left) and Anna, TEACH's program coordinator (right) are part of a group of staff redeployed as 'screen and clean team' taking on shifts to support the agency's new safety guidelines in order to keep the doors open to clients.*

From increased cleaning and sanitation practices, to guiding clients through the required COVID-19 screening questions, all of the staff redeployed to these roles have done so with great flexibility and patience as we learned to navigate the changes. Doing all of this underneath the layers of protective gear and positioned amongst signage that assaults the senses with urgency, while still creating a friendly and welcoming client-centred experience is no small feat.

## united way client care packages

Through COVID-19 funding from the United Way Greater Toronto Area and the Government of Canada's Emergency Community Support Fund (ECSF), PPT was able to provide \$29,000 of concrete practical supports to PPT's most vulnerable clients in the form of grocery gift cards, community masks, and pharmacy gift cards.



# volunteering at PPT

The dedication and resiliency shown by our volunteers during the pandemic has been incredible. Volunteers dealt with so much this past year: health issues, job loss, precarious housing, caring for family, online school, and even zoom fatigue, and still showed up to contribute many hours and invaluable insight into creating much needed sex-positive resources and spaces for youth in the GTA.

## by the numbers



**All volunteer programs moved online, with volunteers contributing virtually to the activities of their program area.**



**Volunteer training for TEACH and PEAK took place virtually in the fall for new volunteers.**



**131 active volunteers contributed over 1600 hours of time to PPT this year**

## volunteer scholarship

In an ongoing effort to support volunteers at PPT, in 2019 the Volunteer Opportunities Committee developed PPT's Youth Volunteer Scholarship. This initiative was designed to provide \$250 to two volunteers who are pursuing educational opportunities. In response to the additional financial stress and inequalities that were magnified due to the ongoing pandemic, the committee adapted the scholarship to extend the award to four volunteers.

The scholarships were given out in June 2020 to Vernie Aguda who volunteered with Health Services, Raymond Cadette who volunteered with our Youth and Masculinities Peer Project, and Ani Bachan and Sucre Li both of whom were volunteers with the Prevention, Education, Action and Knowledge project.

## here's what our volunteers had to say:

*"I personally think PPT did very well as to how PPT adapted to the pandemic and tried their very best to make the experience for volunteers easygoing, non-stressful and fun!"*

*"I love the fact that I get to help people out, learn at the same time and improve my skills and work/volunteer experience."*

*"My presentation skills definitely improve with every presentation I co-facilitate!"*

*"I really like feeling like I am playing a role in making schools more inclusive through educating students about sexual and gender diversity."*

# statement of revenue and expenses for the year ended march 31, 2021

REVENUES	general	capital	health services	TOTAL
Toronto Central LHIN	-	129,706	3,074,906	3,204,612
City of Toronto	117,157	-	-	117,157
United Way Toronto				
Base Allocation	284,877	-	-	284,877
Public Health Agency of Canada	191,850	-	-	191,850
Ontario Trillium Foundation	72,751	-	-	72,751
Other Project Revenue	258,166	-	-	258,166
Recovery of Administrative Overhead	-	-	43,315	43,315
Fundraising				
Individuals and Corporations	63,200	-	-	63,200
Foundation	5,765	-	-	5,765
United Way-Donor Choice	6,756	-	-	6,756
Productive Enterprise				
Contraceptive Sales	87,994	-	-	87,994
Workshops and Trainings	117	-	-	117
Other Income	24,602	-	30	24,602
Investment Income	5,206	-	-	5,206
<b>Total Income</b>	<b>1,118,441</b>	<b>129,706</b>	<b>3,118,251</b>	<b>4,366,398</b>



<b>EXPENSES</b>	<b>general</b>	<b>capital</b>	<b>health services</b>	<b>TOTAL</b>
Salaries and Benefits	546,011	-	2,481,881	3,027,892
Building	6,038	-	71,158	77,196
Purchased and Contractual Services	66,984	-	174,945	241,929
Operating	15,673	-	132,953	148,626
Administrative	15,072	-	29,989	45,061
Cost of resale contraceptives	110,046	-	-	110,046
Fundraising	4,404	-	-	4,404
Programming	263,301	-	52,145	315,446
Non-insured	-	-	157,601	157,601
Amortization	-	88,482	-	88,482
<b>Total Expenses</b>	<b>1,027,529</b>	<b>88,482</b>	<b>3,100,672</b>	<b>4,216,683</b>
<b>Excess of Revenues</b>	<b>90,912</b>	<b>41,224</b>	<b>17,579</b>	<b>149,715</b>
<b>Amount Repayable to Toronto Central LHIN</b>	<b>-</b>	<b>-</b>	<b>-17,579</b>	<b>-17,579</b>
<b>Excess of Revenues over Expenses, net</b>	<b>90,912</b>	<b>41,224</b>	<b>-</b>	<b>132,136</b>

*These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2020 to March 31, 2021.*

*Complete audited financial statements are available upon request.*

# major donors

Barbara Donaldson  
Bill & Linda Saul  
Caila Stangl  
Dorinda Sinnott  
Emily Burns  
Emily O'Kell  
Godwin Lai  
Guy Ridgway  
Jennifer D'Addario  
Jennifer Graham

Lynn Bessoudo  
Marcellina Mian  
Maude Greisman  
Melanie Cheskes  
Paula James  
Rachel Berman  
Remi Pearl  
Rosemary Kelly  
Serag Gadelrab  
Shoppers Drug Mart #1410,  
Bloor and Bedford

# funders

Toronto Central LHIN (Local  
Health Integration Network)  
United Way Greater Toronto  
City of Toronto  
Toronto Urban Health Fund  
Public Health Agency of Canada  
Ministry of Health  
Canadian Women's Foundation  
The Rotary Club of Toronto  
Charitable Foundation  
Merck Better Care  
Ontario Trillium Foundation  
Employment and Social  
Development Canada





# 3rd party fundraising

In the absence of in-person gatherings this year, our usual initiatives around third-party fundraising came to a halt and we didn't expect much to happen. However in March 2021, a group of twitter users came together after news of an anti-choice virtual conference and a local politician's involvement caused some distress among the community. By starting a twitter thread challenging others to take up the cause, they raised just over \$1000 for PPT.



← **Tweet**

 [Redacted]

I just donated \$20 to Planned Parenthood Toronto (@PPofTO) in honour of @samoosterhoff. I hope he gets a thank you card.

Sam, abortion is healthcare, abortion is a right, keep your ideology off of women's bodies.

#onpoli #AbortionsIsHealthcare


Tribute Type:	In Honour
Notify:	Sam Oosterhoff
Email:	sam.oosterhoff@ppc.ona.org
Address:	Unit M1 4961 King St. E. Beamsville, ON L0R 1B0
Message:	Abortion is healthcare.


Presented By  
gifttool


2:49 PM · Mar 17, 2021 · Twitter Web App


5 Retweets · 2 Quote Tweets · 43 Likes

🗨️ ↻️ ❤️ 📤


 [Redacted] · Mar 18  
Replying to [Redacted] @PPofTO and @samoosterhoff  
Ha imma do it too  
🗨️ 1 ↻️ 1 📤


 [Redacted] · Mar 18  
I felt it was more constructive then just yelling at his voicemail inbox lol  
🗨️ 1 ↻️ 1 📤


 [Redacted] · Mar 17  
Replying to [Redacted] @PPofTO and @samoosterhoff  
I cannot love this more! Yes, Oosterhoff - keep your filthy hands off our bodies.  
🗨️ 1 ↻️ 1 📤

 [Redacted] · Mar 17  
Replying to [Redacted] @PPofTO and @samoosterhoff  
OOP 🤪  
🗨️ 1 ↻️ 1 📤

 [Redacted] · Mar 17  
Replying to [Redacted] and 2 others  
Now that is a great idea! 🍌🍌🍌  
🗨️ 1 ↻️ 3 📤

 [Redacted] · Mar 17  
Just made a donation to Planned Parenthood of Toronto @PPofTO  
Thanks for giving me this idea [Redacted] something i should remember to do more often 🙏  
🗨️ 1 ↻️ 2 📤

 [Redacted] · Mar 18  
Replying to [Redacted] @PPofTO and @samoosterhoff  
Brilliant, comrade. Fucking brilliant.  
🗨️ 1 ↻️ 1 📤

 [Redacted] · Mar 19  
Replying to [Redacted] @PPofTO and @samoosterhoff  
Did the same!  
🗨️ 1 ↻️ 1 📤

# board of directors & staff

## 2020-2021 board of directors

Angie McKaig

Emile Wickham

Farrah Khan

Hazim Ismail

Heather McPherson

Linda Tsang

Liz Sutherland

Naomi Desai

Sarah Burke Dimitrova

Stephanie Latty

Tom Gleason

Tracy Amponsah

## PPT staff 2020-2021

Adrian Bermudez

Aimee Wilson

Almut Brenne-Davies

Amber Anklesaria

Andrea Lobo

Andrew Townsend

Anna Penner

Anne-Marie Murphy

Ashley Zenguele

Biruk Addis

Catharine Renner

Cheryl Dobinson

Claudia Arze-Bravo

Dennis Williams

Dianna Amaral

Dinaly Tran

Dorothy Kidd

Ellie Ade Kur

Eloise Adams

Gelila Bedada

Gillian Moir

JL Cotter

Jordan Lavoie

Kaitlin Dupuis

Katarina Maatta-Hebdon

Kristen Heise

Laura Krahn

Lea-Rose Sebastianis

Letebrhan Ferrow

Lindsay Meller

Liz Beeforth

Lorena Murialdo

Luisa Barton

Majd Sayed

Makai Livingstone

Marisa DeLuca

Mitch Chai

Nafisa Rahman

Nicole Stanikowski

Patrice Anderson

Raejeanne Watts

Rahima Alani

Rain Chan

Reyan Anton

Rhobyn James-McPhail

Sarah Hobbs

Shayna Sayers-Wolfe

Stuart MacLeod

Talita Brown

Tania Correa

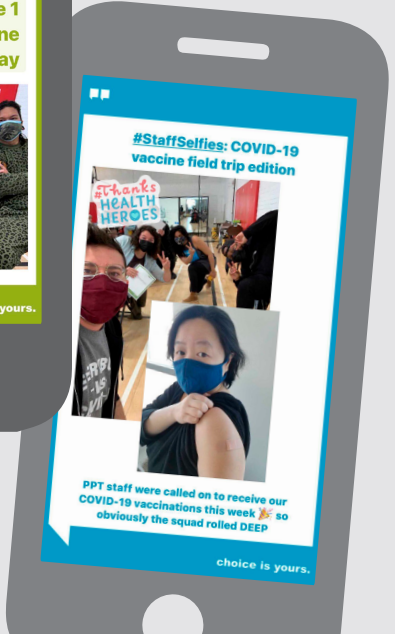
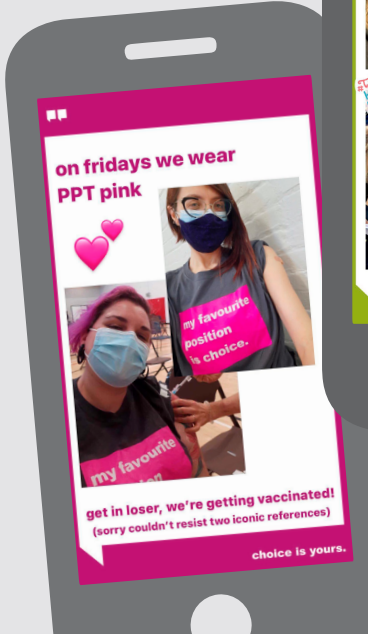
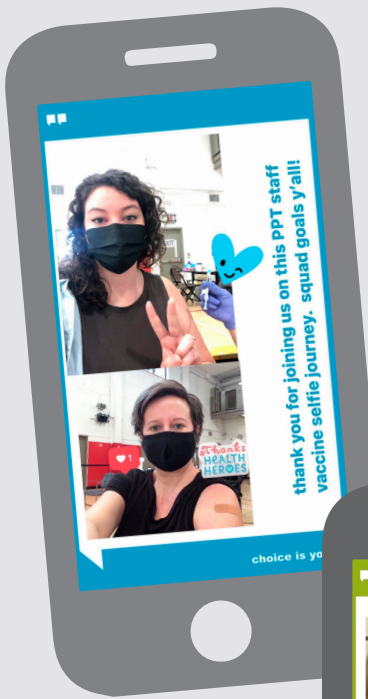
Tarah Hoag

Tricia Smith

Vanessa Okoroafor

Wendy Goodine

Winnie Fung



## PPT gets poked to protect against COVID-19

PPT staff received their first doses of the COVID-19 vaccine through the Mid-West Toronto Ontario Health Team back in March at the West End YMCA. Follow us on instagram at @pptoronto to see more great content, including staff selfies and team outings.

# planned parenthood toronto

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[www.ppt.on.ca](http://www.ppt.on.ca) | 416 961 0113



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