

ANNUAL REPORT  
2012-2013



**planned  
parenthood**

TORONTO

The 2012-2013 fiscal year marks the end of the second year in Planned Parenthood Toronto's four year strategic plan and we are thrilled with the progress we have made on our strategic goals. Our two strategic goals are *Demonstrating Excellence* and *Building for the Future*.

By *Demonstrating Excellence*, we envision PPT being recognized as the leader in youth sexual and reproductive health in Toronto. Our goal is to change the lives of youth by providing the best sexual and reproductive health information, education and services possible and ensure that we serve youth who lack access to sexual and reproductive health services. We want to be the "go to" organization for youth sexual and reproductive health. Throughout the annual report you will see where PPT has made significant strides in this area.

Last year we implemented new and innovative programming and services and we reached 171,589 youth and women both in person and on line. Our efforts are making a difference and are getting noticed, by the youth and women we serve, as demonstrated through program and service evaluations, and also by the local community and nationally.

PPT is becoming a recognized leader on the national stage. Last year many organizations from across Canada asked us to share our expertise on providing programming and services to youth and women, indicating to us that we are being seen as an industry leader. As well, our programs, services and events were showcased in the media numerous times and there was a 62% increase in the number of requests from media outlets including television, print, radio and on line media, where we were asked to provide expert information on sexual and reproductive health issues and topics.

We believe that to demonstrate excellence, PPT must be on the cutting edge of existing and emerging technology to meet the needs of youth. Last year PPT has reached out to youth in six new ways on the digital platforms where they are already actively engaged.

Another major highlight for us this year was the result of research we conducted about PPT and our reputation among the public, our clients, and other service providers. When we asked them what they thought about PPT, they consistently responded with words like *knowledgeable, trusted, non-judgmental, safe, sex positive, inclusive*, and

welcoming. We were excited to get that feedback, because those are exactly the terms we want people to associate with PPT. We are those values.

Our second strategic goal, *Building for the Future*, has been envisioned as a new physical home for PPT. This new home would promote collaboration, be accessible, youth-friendly, energizing and inviting and be financially sustainable to protect PPT's assets for the future. We completed a thorough assessment of the risks and benefits of the move options available at this time. Based on the information gathered, we've decided to be less aggressive with our timeline to ensure the right conditions are in place before a move is made. New plans are in place to explore alternative options that will enable the growth necessary to meet the future needs of youth and women who turn to us for sexual health information and services.

PPT's focus on the needs of youth and women will be more relevant than ever as our local health care system continues to evolve. For example, the Ontario government is promoting a new "Health Links" initiative, which is a smaller

network of health care providers that operate within the Local Health Integration Network (LHIN). These Health Links will emphasize coordination of care that puts individual needs at the forefront. PPT already champions this kind of person-centred care and works closely with other agencies on referrals to fully support our clients. In the coming year, we will continue to work within our Health Link moving forward toward greater collaboration, while continuing to provide programming and services to youth and women across the city.

Thank you for being an integral part of this exciting chapter in PPT's 51-year history. On behalf of our dedicated, passionate and knowledgeable staff, volunteers and students, please accept our heartfelt gratitude. Your support is changing lives every day across this city!

Sincerely,



Michelle Benson  
Chair, Board of Directors



Sarah Hobbs-Blyth  
Executive Director



**"ACCESSIBLE,  
OPEN-MINDED,  
FREE. WHAT  
MORE COULD  
YOU ASK FOR?"**

– PPT client



## Keeping a finger on the pulse of youth in our city

In 2012 PPT carried out a major needs assessment on the sexual health needs of youth age 13-29 in Toronto to identify gaps in service and priorities for new programming.

After reviewing the existing literature and demographic information, and hearing from over 250 youth and several service providers, a number of things are clear:

- The needs of transgender and transsexual (trans) youth are not currently being met in Toronto, and these youth face many barriers, including lack of services and programming.
- Lesbian, gay, bisexual and queer (LGBQ) youth are not receiving enough support for their unique experiences.
- Newcomer youth are underserved and need more access to programming and health services.
- Youth in low-income neighbourhoods have poorer sexual health status and limited access to services.

- Many youth express a wish for certain services which already exist at PPT, which points to a gap in public awareness about some of what PPT has to offer
- Youth are facing stigma surrounding sexually transmitted infections (STIs) that can have a damaging effect on sexual health and relationships, pointing to the need for efforts to challenge the stigma of STIs,
- There are gaps in our understanding of the connections between youth, technology and sexual health, indicating a need for a community-based research project that would help us better serve Toronto's youth.

PPT has already made some first important steps in acting on these findings. We successfully applied for new funding to develop resources by and for LGBQ and trans youth. We hosted a panel discussion on challenging the stigmas surrounding STIs at our last Annual General Meeting. PPT has also begun to map current health promotion programming onto high priority neighbourhoods. These findings will guide us in future programming and service development.

# Starting those important conversations...

As a leader in youth sexual and reproductive health in Toronto, PPT continues to initiate public discussion about the most important issues facing our youth. We did this through two major campaigns and events. Our Porn Literacy talk and our Challenging STI Stigma panel discussion.

PLANNED PARENTHOOD TORONTO PRESENTS:

## Porn Literacy

Helping Youth Develop Sexual Intelligence

FEATURING DR. MARTY KLEIN

Parents, educators and health professionals alike often find sexuality a challenging part of parenting or working with youth. The latest complication in sexuality education is the wide-spread availability of internet porn and the need to help youth make sense of what they may be seeing.

In this informative, enjoyable, down-to-earth talk, California-based Sex Therapist & Marriage Counselor Dr. Marty Klein will address common questions, including:

- How much do young people look at internet porn?
- How does it affect them?
- What do youth (and all of us) need to know about porn?
- When—and how—should I start raising this issue with my children or the youth I work with?

**Thursday March 7**  
**7pm to 9pm**  
Ramada Plaza Toronto - 300 Jarvis St.

**FREE AND OPEN TO ALL!**  
Light refreshments will be provided.  
ASL interpretation available upon request.

For more information please contact Cheryl at [cdobinson@ppt.on.ca](mailto:cdobinson@ppt.on.ca) or (416) 961-0113 x127

Check out the event on Facebook at <http://www.facebook.com/PPToronto/events>

planned parenthood TORONTO

## Challenging STI stigma

PPT hosted a panel discussion on understanding and challenging the stigma surrounding sexually transmitted infections (STIs) at our Annual General Meeting last September.

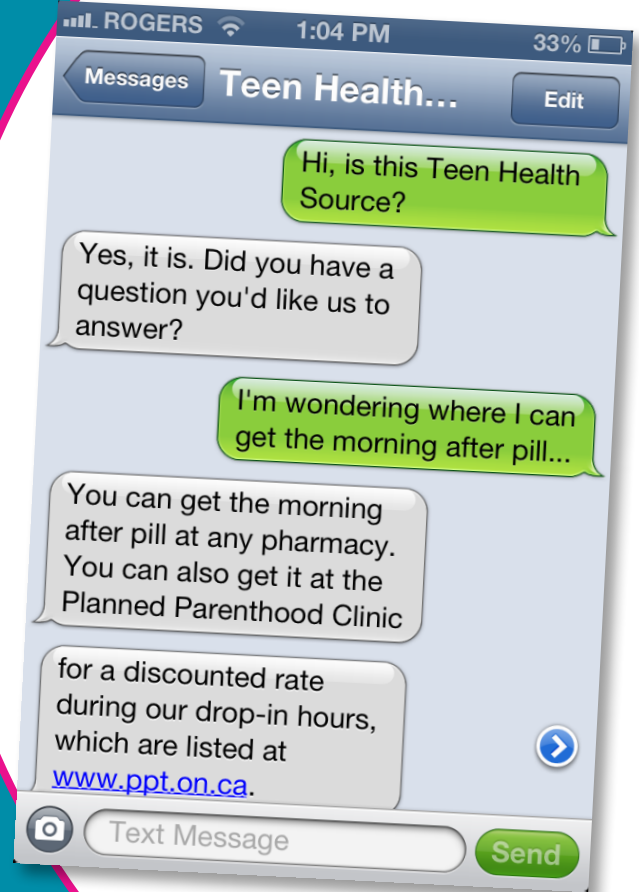
Negative stereotypes about STIs persist, even though many Canadians will have an STI at some point in their lives. STI stigma can keep people from seeking testing and treatment, interfere with open communication between partners, create anxiety and contribute to low self-esteem.

Peer educators, along with a family doctor, therapist, and public health nurse led our well-attended panel discussion about the impacts of STI stigma and how to challenge it in our work and lives.

# USING TECHNOLOGY TO IMPROVE HEALTH OUTCOMES

See how young parents are connecting through PPT's discussion board at [www.pptconnection.ca](http://www.pptconnection.ca)

Check out P.E.A.K. and Queering Sex Ed videos on PPT's Youtube channel! [www.youtube.com/Planned ParenthoodTO](http://www.youtube.com/PlannedParenthoodTO)



## Here are six new ways that PPT is delivering service:

- **TEXT MESSAGING:**

Launched in 2012 and the first service of its kind in Canada, texting became the #1 method of contact for PPT's Teen Health Source last year. Youth aged 13-19 are able to talk anonymously via text with trained peer volunteers about their sexual health questions.

- **ONLINE THERAPY GROUPS:**

Another first for Canada, PPT's online therapy groups reach youth who might never be able to walk through our doors. This free, confidential service connects youth with a trained therapist and other young people struggling with the same issues.

- **YOUNG PARENT'S DISCUSSION BOARD:**

Through our new online platform, PPT Connection, we launched a discussion board for young parents to find accurate information and share experiences.

- **VIDEO STORYTELLING: PPT'S YOUTH HIV PROJECT:**

Prevention, Engagement, Action and Knowledge (P.E.A.K.), worked with the Centre for Digital Storytelling to help youth volunteers to create videos on HIV prevention and the impact of HIV on their lives.

- **QUEERING SEX ED VIDEOS:**

These grassroots videos supplement the print resources created by the youth volunteers of the Queering Sex Ed project to provide sexual health information for LGBTQ youth.

- **AUDIENCE RESPONSE SYSTEM:**

This is used to get instant, anonymous feedback from youth in workshops or volunteer training, the wireless system links directly to a laptop to capture and tabulate responses. PPT staff can instantly assess knowledge levels, experience, and receive evaluations.



# Increased Demand for Health Services

PPT's interdisciplinary health services team works hard to provide young people with innovative, high quality, and client-centred care. That includes primary health care, sexual and reproductive health care, mental health care and case coordination.

The Health Services team continually assesses our process and procedures to find efficiencies and improve the quality of care we provide. This year, PPT shifted lab tracking from our doctors and nurse practitioners to our Client Intake and Access Worker. Now lab results are followed up on a weekly basis, instead of monthly. Test results are more complete, which allows medical staff to focus on what they do best, caring for our clients and has increased the number of available appointments.

Top reasons for health care visits:

- Birth control
- STI testing
- Test results
- Periodic health exams
- Anxiety and depression
- Prescriptions
- Plan B

**HEALTH SERVICES  
STAFF SAW 4,812  
CLIENTS FOR A TOTAL  
OF 9,323 VISITS, A  
12% INCREASE OVER  
THE PREVIOUS YEAR.**

## **NEW! Client Access Line**

Clients can't always make it in to PPT's Health Services, or they might need to talk to a medical professional to see if they should come in. That's why PPT started the Client Access Line, available every weekday morning from 11:00-11:45 a.m. Clients can talk to a nurse practitioner or doctor without booking an appointment or attending drop-in. They can receive advice and test results, freeing up clinic time for those who need a face-to-face appointment. So many clients took advantage of the popular call-in last year (over 1600 times!) that PPT is now expanding the service to twice daily.

**"GREAT JOB!  
YOU'RE THE BEST  
PART OF THE  
ONTARIO HEALTH  
CARE SYSTEM."**

– PPT client



## Health Services volunteers provide faster access to services

Last year, 23 peer educators collectively devoted more than 1,500 hours to Health Services. They met over 600 clients in face-to-face sessions, offering birth control options, STI information, emergency contraception, pregnancy testing, pregnancy options and pap testing. Since the spring, our volunteers have been able to help clients get even faster access to emergency contraception. They now conduct educational sessions that allow clients to receive Plan B without needing to see a doctor or nurse practitioner.

## Providing safe space to support youth mental health

PPT's mental health team provides respectful, confidential and inclusive mental health services. In addition to one-on-one counselling, PPT also offers case coordination and group therapy sessions.

To improve access for underserved populations, we developed a priority access system that moves clients to the top of the waitlist for therapy. This new system meets the urgent needs of clients who are pregnant, have received a positive HIV test result, are seeking post-abortion counselling, need support around gender or sexual identity, or have experienced trauma that impacts their daily lives.

Top reasons for therapy visits:

- Anxiety
- Depression
- Multiple emotional feelings
- Prenatal counselling
- Coping with life's problems
- Relationship issues
- Trauma
- Consequences of partner abuse

**95% OF CLIENTS SAID THEY FOUND THEIR INFORMATION SESSION WITH A HEALTH SERVICES VOLUNTEER TO BE USEFUL AND WOULD USE THE SERVICE AGAIN.**

**"PPT IS JUST ABOUT THE ONLY SEXUAL HEALTH CLINIC MOST PEOPLE AREN'T AFRAID TO GO TO – MOST SEXUAL HEALTH CLINICS ARE VERY INTIMIDATING TO YOUTH."**

– PPT client

## Groups at PPT!

PPT's mental health team offered four in-person groups this year, with the intention of meeting the needs of clients on our waiting list for individual therapy. The group topics included mindfulness meditation and managing anxiety, as well as a group focused specifically on support for trans and gender queer youth.

# Transforming lives in our community by...

## Developing queering sex education

PPT launched a groundbreaking series of new sexual health resources developed by and for LGBTQ youth. Through print and video, Queering Sex Ed talks about issues critical to the daily experiences of LGBTQ youth, such as positive body image, identity, language, sex and consent. Over 60 people attended a community event to celebrate and to share the work of the Queering Sex Ed Project. The new resources are available at [www.queeringsexed.com](http://www.queeringsexed.com)



**"IT WAS SUCH A GIFT TO BE ABLE TO PARTICIPATE IN QUEERING SEX ED."**

– Queering Sex Ed volunteer

### GETTING READY FOR YOUR APPOINTMENT

Meeting a new healthcare provider for the first time can be scary. It's important to be prepared for your appointment, because being prepared can help reduce stress and can make you feel more in control of the experience.

Talk to reception before your appointment if you need any particular supports, such as a translator or interpreter or other accommodations.

Show up early. If you're feeling nervous about going to a new clinic, try to get there early so that you don't have to worry about getting lost or running late. This will also give you time to check out the waiting area and how things run.

If there's something that you think that the healthcare practitioner won't understand about your identity or health, it might be helpful to bring some resources to help educate them. Queering Sex Ed resources, for example!

You might choose to come out to your healthcare provider if you have a partner who wants to be recognized as family; your gender identity and/or presentation doesn't match the sex marked on your health card if you think the healthcare provider might not provide appropriate care if they don't know; or, if you want to, it's your choice!

Prioritize your medical concerns before your appointment, since you will likely have a limited period of time during your first appointment. Be prepared to make multiple appointments if you have a number of medical concerns.

Bring a friend. Having support can help relieve stress and can help you feel brave if you are interested in coming out to your healthcare provider.

If you're feeling nervous before your appointment, practice! As well as writing down what you want to talk about, you can rehearse what you would like to say and how you would like to say it.

Make a list. Write down any medication you're on (including vitamins or herbal supplements), medical conditions, or anything major happening in your life that you think might be relevant. Also write down what you want to talk about and any questions you have. Bring this list with you to your appointment.

Bring whatever you need to take notes. It can be hard to remember everything that is said during your appointment, especially if you are nervous or sick. You may want notes to review afterwards.



### HEALTHCARE & YOU

Queering Sex Ed is a program of Planned Parenthood Toronto, generously funded by the Community Development Financial Institutions Fund. Planned Parenthood Toronto is a United Way Member Agency.



## Supporting young parents

PPT supports young parents with a weekly drop-in, sexual health workshops, and an online forum.

Through Time Out, our weekly drop-in program offered in partnership with Four Villages Community Health Centre, PPT helps meet the needs of young parents with regard to sexual health, self-development, parenting and practical life skills. 100% of participants agreed or strongly agreed that Time Out increased their self-confidence as a young parent and improved their ability to make better decisions about their sexual and reproductive health.

PPT offered 17 sexual health workshops for young parents in the community last year and also delivered Onward, an eight-week arts program that focused on self-awareness, confidence, setting goals and making an action plan.

**"MY KIDS AND I  
LOVE COMING TO  
TIME OUT AND  
HARDLY EVER  
MISS A WEEK.**

*– Time Out  
participant*

**"TIME OUT HAS HELPED  
ME TURN MY LIFE FOR  
THE BETTER. I AM NO  
LONGER ISOLATED."**

*– Time Out participant*

## P.E.A.K.-ing interest in HIV/AIDS

PPT launched a new youth HIV/AIDS project, Prevention Engagement Action Knowledge (P.E.A.K.), The project engaged youth interested in HIV/AIDS prevention and increased their knowledge of HIV and sexual & reproductive health. PPT helped these young volunteers to develop their facilitation and leadership skills, so they could educate their peers about HIV and challenging the stigma of HIV/AIDS.

P.E.A.K. volunteers delivered 43 HIV prevention workshops in the community, reaching over 500 youth. After attending a P.E.A.K. workshop, 97% of youth said they knew more about sexual health and HIV/AIDS and 86% said they intended to change their behaviour around testing and safer sex.

**"THE STORYTELLING  
GAVE US A BETTER LOOK  
THROUGH THE EYES OF  
THOSE AFFECTED BY HIV."**

*– workshop participant*

**"DISCUSSIONS LIKE THIS  
BRING US TOGETHER AND  
GIVE US THE OPPORTUNITY  
TO DISCUSS A TOPIC THAT  
WE WOULDN'T USUALLY TALK  
ABOUT WITH FRIENDS."**

*– workshop participant*

## Young men are developing a new perspective

Often overlooked when it comes to sexual and reproductive health services, young men have their own unique needs when navigating sex and relationships. To address this gap, PPT staff facilitated 33 workshops for almost 300 young men this year, primarily in group homes, shelters and school settings that support suspended and expelled students.

**“THE OVERALL THEME OF “POWER” WAS HELPFUL BECAUSE OF THE SKILLS I LEARNED HERE (THAT) I COULD USE IN REAL LIFE.”**

– *group participant*

PPT also offered a new therapy group designed especially for young men. The nine-session therapy group explored young men’s understanding and use of power in their intimate relationships, with an eye to reducing violence against women. A transformative experience for the young men who attended, the group helped them to look differently at issues of power and develop skills to form healthier relationships.

## Fighting homophobia

There’s nothing more powerful than a personal story to change hearts and minds. Last year, T.E.A.C.H. peer facilitators brought their own life experiences to youth across the city.

Through Teens Educating and Confronting Homophobia (T.E.A.C.H.), youth volunteers encourage their peers to think critically about homophobia and heterosexism in their communities. By sharing personal stories, T.E.A.C.H. facilitators allow youth in schools, shelters, foster homes and community agencies to see the world through the eyes of LGBTQ youth.

T.E.A.C.H. peer facilitators volunteered 230 hours, delivering 159 workshops to over 3,800 youth. An increase in group sizes meant that 11% more youth received T.E.A.C.H.’s message of respect and dignity for all last year.

**“THIS WORKSHOP MADE ME REALIZE HOW MUCH WORDS ACTUALLY HURT.”**

– *T.E.A.C.H. workshop participant*

**“GREAT JOB. CHANGED THE WAY I THINK ABOUT LGBTQ PEOPLE!”**

– *T.E.A.C.H. workshop participant*



## Reaching out to newcomer youth

The **Self-Esteem Health Appreciation Respect Project (S.H.A.R.P.)** is a multi-week program for newcomer youth that focusses on sexual health issues, healthy relationships, and building self-esteem and peer facilitation skills. SHARP participants said that being in the program has taught them “how to have safe sex,” “to be more open about sex,” and “a lot about healthy relationships.”

PPT was able to offer three cycles of S.H.A.R.P. last year, but if we had the funds, we have enough interest to run these sessions back-to-back all year long.

Our staff also facilitated workshops in neighbourhoods with a high proportion of newcomer youth. Over 100 newcomer youth learned more about health sexuality and relationships through these workshops last year.



### *Adeela gets S.H.A.R.P.!*

**When Adeela showed up at her first S.H.A.R.P. session for newcomer youth, her anxiety was palpable. She was extremely resistant to talking about her body, sex, birth control, STIs and other issues.**

**But by the end of the 10-week program, she was not only comfortable participating in discussions, she had also decided to start a Gay-Straight Alliance in her school. Plus Adeela's younger sister was among those lining up to enroll for the very next session!**

## Talking with teens

By text, phone, email and chat, more than 1,200 Toronto teens turned to PPT's trained peer volunteers for answers to their questions about sexual health, puberty, and relationships. This is a 66% increase over the previous year. PPT's popular new anonymous texting service is largely responsible for the jump, accounting for 47% of all queries.

Answering those questions were 21 committed and enthusiastic peer volunteers, who spent a collective 996 hours last year helping other teens.

Our new blog-based website, **[www.teenhealthsource.com](http://www.teenhealthsource.com)**, now attracts three times the traffic of our old site. Almost 158,000 unique visitors took advantage of the site's comprehensive sexual and reproductive health information last year.

PPT also reaches teens through workshops in schools and community settings and participating in events designed for youth. In 2012-13, our team facilitated workshops attended by over 160 youth, and worked eight different outreach events, which were attended by 285 young people.

**OVER 99% OF TEENS SURVEYED FELT COMFORTABLE ASKING QUESTIONS OF PEER VOLUNTEERS AND THAT THE SEXUAL HEALTH INFORMATION THEY RECEIVED FROM PEER VOLUNTEERS WAS CLEAR AND EASY TO UNDERSTAND.**

**"I DIDN'T FEEL AWKWARD AT ALL. IF I DIDN'T HEAR ABOUT IT I WOULDN'T HAVE HAD THE COURAGE TO ASK AND I DON'T EVEN WANT TO KNOW WHAT COULD HAVE HAPPENED TO ME BECAUSE THE SCHOOLS DON'T TEACH US WHAT WE NEED TO KNOW."**

*– Teen Programming client*



Type.

Text.

Talk.

TEENHEALTHSOURCE.COM

## *An anxious teen gets the answers she needs!*

The first line of Sarah's email read, "I am scared." After having sex with her boyfriend for the first time, the 17-year-old was worried that she'd made a huge mistake that would affect her future.

Sarah had done research online and understood how pregnancy happened, but she was still anxious. Our trained teen volunteers were able to give detailed answers specific to her situation in language she could easily relate to, and provided referrals to places she could go for emergency contraception and pregnancy tests if she wanted.

At the same time, Sarah was offered validation and support of her right to make her own choices in a non-judgmental, sex-positive way. Sarah later sent an email of thanks, saying that she felt much more relieved after our help!

## Supporting Women in Toronto

PPT's **Mobile Health Unit** brings sexual and reproductive health services, as well as some primary care, directly to women in shelters. Designed to help break down the barriers that keep women from getting the care they need, the Mobile Health Unit now visits six women's shelters, two youth shelters and one women's drop-in program.

PPT also provides education and information to women at six shelters through our **Shelter Initiative**, which includes a series of workshops that connect their sexual and reproductive health to other aspects of their lives. After attending the workshops, women tell us they feel more aware of their needs and more confident in making healthy choices. Workshops for marginalized women outside the shelter system increased last year as well.

PPT also continued its programming for LGBTQ women through **Sex Talk 3: A Sexual Health Workshop Series for LGBTQ Women**, in partnership with Sherbourne Health Centre and the 519 Community Centre. Five workshops were offered this year, geared to LGBTQ women's unique needs and life experiences, on topics such as safer sex for trans women and bi women, healthy relationships, and open relationships for women of colour.

**"I LOVED THE MUTUAL SHARING  
AND LEARNING FIRSTHAND ABOUT  
DIFFERENT EXPERIENCES OF SEX."**

– Sex Talk 3 workshop participant



**"IT IS A WONDERFUL SERVICE  
THAT I WISH I KNEW  
ABOUT SOONER. I FELT VERY  
COMFORTABLE AND LEFT  
FEELING VERY SATISFIED  
THAT I KNEW MUCH MORE  
THAN WHEN I CAME IN."**

– client at BCBC peer  
education service





## STATEMENT OF REVENUE AND EXPENSES FOR YEAR ENDED MARCH 31, 2013

These figures are a statement of Planned Parenthood Toronto's financial activities from April 1, 2012 to March 31, 2013. Complete audited financial statements are available upon request.

REVENUES	GENERAL	MOBILE HEALTH UNIT	HEALTH SERVICES	CAPITAL	TOTAL
Toronto Central LHIN					
Base Allocation			2,484,309		2,484,309
Session Fees			26,603		26,603
City of Toronto					
Department of Public Health	117,708				117,708
Ministry of Community Safety and Correctional Services					
Base allocation	222,539				222,539
Donor Choice Designation	14,031				14,031
Public Health Agency of Canada	80,012				80,012
Community Safety and Correctional Services Ministry					
Safe and Vital Communities Grant	7,724				7,724
Community One Foundation	2,500				2,500
Other Project Revenue			26,403		26,403
Fundraising					
Foundations	8,083				8,083
Donations and Grants	22,806		101		22,907
Events	891				891
Productive Enterprise					
Contraceptive sales, Workshops	129,868		250		130,118
Other Income	4,382		1,000		5,382
Investment Income	7,065				7,065
<b>TOTAL INCOME</b>	<b>617,609</b>	<b>-</b>	<b>2,538,666</b>	<b>-</b>	<b>3,156,275</b>

EXPENSES	GENERAL	MOBILE HEALTH UNIT	HEALTH SERVICES	CAPITAL	TOTAL
Salaries and Benefits	372,864		1,997,041		2,369,905
Building	46		61,674		61,720
Purchased and Contractual Services	3,000		173,162		176,162
Operating	5,993		124,220		130,213
Administrative	3,053		43,569		46,622
Cost of Resale Contraceptives	125,262		-		125,262
Fundraising	5,595		-		5,595
Programming	54,791	9,400	68,870		133,061
Non-insured	-		50,122		50,122
Amortization	-		-	48,100	48,100
<b>TOTAL EXPENSES</b>	<b>570,604</b>	<b>9,400</b>	<b>2,518,658</b>	<b>48,100</b>	<b>3,146,762</b>
<b>EXCESS OF REVENUES</b>	<b>47,005</b>	<b>(9,400)</b>	<b>20,008</b>	<b>(48,100)</b>	<b>9,513</b>
<b>AMOUNT REPAYABLE TO TORONTO CENTRAL LHIN</b>			<b>(29)</b>		<b>(29)</b>
<b>EXCESS OF REVENUES OVER EXPENSES, NET</b>	<b>47,005</b>	<b>(9,400)</b>	<b>19,979</b>	<b>(48,100)</b>	<b>9,484</b>

\* Excess revenue of \$19,979 in Health Services was used to purchase capital assets that are not reflected in the Statement of Revenue and Expenses.

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# SEX+

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

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# Sex...

it's what we do

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



## FUNDING PARTNERS

- Toronto Central Local Health Integration Network
- United Way Toronto
- City of Toronto Public Health Department
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- Community One Foundation
- The EJLB Foundation
- TD Waterhouse Private Giving Foundation

# THANK YOU!

## VISION

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

## MISSION

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

## EQUITY VISION

PPT is committed to creating an agency that is reflective of the communities of Toronto. We acknowledge and respect the diversity of our clients, communities, volunteers and staff. We recognize that equity is not simply about equality. It is an opportunity to promote full participation and choice and to provide quality services to meet your unique and differential needs. Community input informs the work we do and drives us to take action for social change that benefits you.

## PRINCIPLES AND VALUES

- Healthy sexuality is an important part of life;
- Individuals have the right to control their lives and to make informed choices regarding their sexuality and reproduction.
- Sexual and reproductive rights must be protected;
- A respectful, confidential, non-judgmental and inclusive environment is important to offering effective services;
- Input from clients, staff, volunteers and community partners informs the work we do and inspires us to innovate and take action for social change;
- Providing responsive, client-centred services means being Pro-Choice, Youth-Positive, Women-Positive, Sex-Positive and Lesbian Gay Bisexual Trans Queer-Positive;
- Providing accurate, and understandable information empowers individuals to make informed choices;
- Maintaining transparency and fulfilling our accountabilities to our many stakeholders will support their continued trust in us.
- A healthy, engaging, collaborative and safe work environment is vital to our success and the best way to demonstrate that we value our staff, students and volunteers.

# SUPPORTING PLANNED PARENTHOOD TORONTO

PPT offers donors a number of options to continue to support our important work:

## SUPPORT SEXUAL AND REPRODUCTIVE CHOICE

### – BUY A BAG OR SEXY UNDERWEAR!

PPT just launched a new line of merchandise which includes ‘Sexual Freedom Fighter’ tote bags and ‘My Favorite Position is Choice’ underwear. These fabulous items are available for \$5 for a bag and \$15 for the underwear. All proceeds support PPT’s programming and services. The unisex underwear is made by American Apparel and comes in S,M,L and XL. The tote bags come in two styles: A stylish lime green bag with black over the shoulder handles and a roomy black bag that closes with a zipper. To purchase these must have items please call 416-961-0113 ext. 124 or email [ppt@ppt.on.ca](mailto:ppt@ppt.on.ca)

## ANNUAL GIFTS

You can make general gifts, or gifts for a specific purpose or program, at any time throughout the year. Gifts will receive a tax-receipt subject to CRA regulations.

## MONTHLY GIVING

Our monthly giving program is a safe, secure, and convenient way to put your money to work automatically each month. You will receive an annual tax receipt in total value of all of your donations at the end of the year.

## BEQUESTS

These are gifts made through your will and are the most common form of planned gifts. You can give a specific piece of property, a specific sum of money, or a percentage of your estate. It’s important to choose the planned giving option that is best for you. PPT recommends that you speak to an attorney and/or financial planner to help you decide and make the necessary arrangements for you to begin your legacy.

## GIFTS OF STOCK

Donating appreciated stocks, bonds and mutual funds is the most tax-effective way to make a gift to a registered charity. Whether you donate cash or appreciated securities, you will receive a tax receipt that creates a tax credit.


## HONORARY OR MEMORIAL GIVING

Celebrate a special individual in your life by making a gift in their honour or memory. PPT can arrange for a card with a personalized message to be sent to anyone you would like notified of your gift.

## FOUNDATIONS & CORPORATE SUPPORT

To learn more about PPT’s work and opportunities for foundation and corporate support, please contact [shobbs@ppt.on.ca](mailto:shobbs@ppt.on.ca) or call 416-961-0113.

TO MAKE A SECURE DONATION ONLINE PLEASE VISIT  
**WWW.PPT.ON.CA**



Planned Parenthood Toronto (PPT) is a non-profit charitable organization that operates a fully accredited Community Health Centre that provides health services to youth aged 13-29. PPT offers health promotion programming, education, training and research to improve the sexual and reproductive health of youth and women of Toronto's diverse communities.

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