

# FORWARD

# MOMENTUM

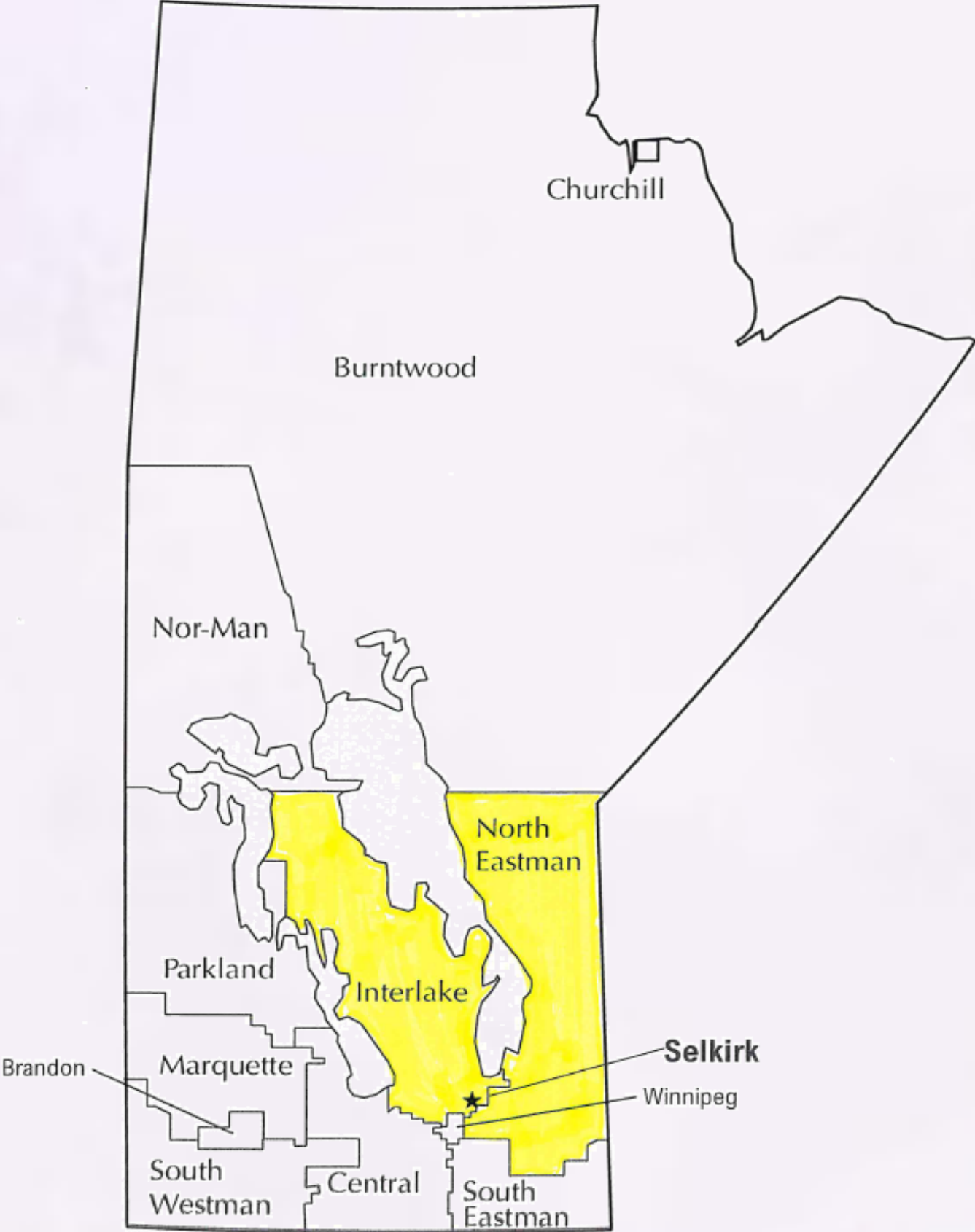
gender-based violence  
family violence  
empowerment  
supportive  
community  
transition  
housing  
no more violence  
intimate partner violence  
raise awareness  
safety  
one is alone  
supportive  
community  
empowerment  
housing  
no more violence  
intimate partner violence  
raise awareness  
safety



ANNUAL  
REPORT  
2022-23

*Nova House serves the Interlake and North Eastman region of Manitoba.*

*We acknowledge that we work on the ancestral lands, treaty 1 territory, the traditional territory of the Anishinaabeg, Cree, Ojibwe-Cree, Dakota, and Dene Peoples and on the homeland of the Red River Metis.*



# BOARD OF DIRECTORS

## Board Executive

Deb Jenkins, Board Chair  
Joanna Tyrna, Treasurer  
Vanessa Luloff, Secretary

## Board Members

Doug Simister  
Carolyn De Coster  
Ingrid Pflug  
Corrinna Ginther  
Cindy Tetrault

## *Non-Voting Members*

*Donna Simister  
RJ Currie*

# STAFFING TEAM

## Management

Viktoria Westgate, Executive Director  
Jessica Beaulieu, Shelter Manager  
Angie Kline, Finance Administrator  
Tammie Bedard, Twice Over Manager

## Counsellors

Danielle Van Gompel  
Jola Hnatiuk

## Childcare

Lyndsay Dutka

## Life Skills

Heather McDiarmid  
Sarah Dugan

## Residential Support Workers

Tara Starr  
Ashe Noguét  
Pam Fewchuk  
Madisson Cameron  
Starr Wasacase  
Judith Tindale  
Kristy Lefteruk

## Social Work Practicum Students

Katrina Benner

# CONTENTS

VISION, MISSION, GOALS, & STRATEGIC OBJECTIVES	1
EXECUTIVE DIRECTOR & BOARD CHAIR MESSAGE	2
OUR SERVICES	3
OUR IMPACT	4
PROGRAMMING IN PICTURES	5
ARTISTS AT WORK	7
HOLIDAYS AND FIELD TRIPS	9
COMMUNITY OUTREACH	11
COMMUNITY WELLNESS DAY	12
TEAM BUILDING	13
TWICE OVER	14
MANITOBA ASSOCIATION OF WOMEN'S SHELTERS	15
A MESSAGE FROM MANITOBA STATUS OF WOMEN	17
A MESSAGE FROM UNIFOR	28
FINANCIALS	19
SUPPORT AND FUNDER ACKNOWLEDGEMENT	21

*We would like to thank  
all of the staff who  
helped us through this  
fiscal year but left for  
new journeys.*



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## **OUR VISION**

Helping to build a society that empowers people to live a life free from abuse.

## **OUR MISSION**

Nova House provides individuals and families with shelter and supportive services designed to intervene in the cycle of abuse. Nova House promotes awareness through outreach services about all forms of abuse in families and/or intimate partner relationships.

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## **OUR GOALS:**

1. To provide a first-line response that offers shelter and supportive services to individuals and their children experiencing family or intimate partner abuse.
  2. To offer comprehensive programming, safety planning and referral services to help bridge the gap between leaving an unhealthy relationship and rebuilding a life free from abuse.
  3. To raise awareness in our community about all forms of family and intimate partner abuse, and the devastating impacts it has on individuals and their children.
  4. To help build a strong community that fosters collaboration and a shared service delivery by offering a full continuum of care for individuals and families recovering from abusive relationships.
- 

## **OUR STRATEGIC OBJECTIVES 2022—2025:**

### **1. INCREASE MANAGEMENT CAPACITY**

No single person should manage an organization alone. A qualified and strong leadership team will work together to provide effective systems (program delivery, statistical data, fund management, staff retention). The management team will strategize ways to be forward moving in their approach. Training and professional development will incorporate the vision, ideas, goals, and objectives of Nova House.

### **2. INCREASE STAFFING CAPACITY**

The interrelationship between complex trauma and family/intimate partner abuse is significant. Nova House must have appropriate staff capacity to provide service delivery that supports trauma-informed and responsive care to women and their children who have complex needs. Nova House will hire sufficient and professional staff to ensure the integration of best practices in trauma-informed and person-centered care.

### **3. PROVIDE SAFE & IMMEDIATE SHELTER SOLUTIONS**

Nova House will ensure that services are accessible and provide effective crisis and case management. Nova House will utilize all platforms for access, i.e., crisis lines, texting/chat lines, social media.

### **4. PROVIDE ACCESS TO CONTINUED SERVICES**

Nova House has an important role to play in maintaining access to our existing supports and helping women and children secure new housing opportunities. By working with social housing providers in our community,

### **5. SUSTAINABILITY**

Additional development of private funding sources (Twice Over; second stage apartments) should include revenue that helps to provide sustainable programming within the service delivery mission and goals of Nova House.



# A Message from the Executive Director and Board Chair

Viktorija Westgate and Deb Jenkins

We are excited to present our Annual Report for the 2022-2023 fiscal year. We went into this year with clear direction and motivation inspired by our strategic plan. The remarkable staff and Board helped to propel us forward with unwavering momentum. With a shared commitment to maintaining positive change, we are pleased to report that we made significant progress towards our strategic priorities.

In April 2022 the Government of Manitoba announced that it would be introducing a new funding model to better support Gender Based and Family Violence Shelters. This supported our strategic objectives and helped push us forward. The support from the Gender Based Violence Program and funding increase announcement allowed us to increase our staffing capacity immediately. Though we faced challenges in the hiring process, we were able to expand our staffing so that we had no fewer than two staff in the shelter at all times. This is a first for Nova House.

While increasing our staffing capacity was a huge accomplishment, it was only one of the highlights of our year. Service delivery and housing opportunities are vital in helping individuals and families live a life free from abuse. We have always been able to help in the immediate crisis by providing safe and stable emergency shelter solutions. We know that the goal must also include a continuum of care that extends beyond the initial crisis and provides long term results. We took a proactive approach to adapting and evolving in response to our strategic objectives and swiftly began to transform obstacles into solutions. When a long-time community resident came to us with an opportunity to privately purchase their home, we knew we had to move ahead, ready or not.

Quickly identifying the opportunity to purchase a new home in our community was a key factor in expanding our services in the right direction. We wanted to address the immediate needs of the families staying with us, and the greatest need has always been: Where do they go when they leave us, and will they have the supports they need. Safe housing is one of the greatest challenges that families face, and it is the hardest one for us to help with. When there are no options available, we have to look at creative ways to adapt. Having our own home gives us some solutions and widens our impact, bringing fresh perspectives and new insights.

The expansion of our services is only possible because of our team's dedication to pushing the boundaries and continually moving forward. Our committed, extraordinary and hardworking staffing team are without a doubt the biggest highlight of the year. Without their dedication we would not be able to accomplish as much as we do.

The Board of Director's passion and commitment continues to have a huge influence on our ability to constantly be forward thinking which creates incredible growth for our shelter. Our endless appreciation for each Board Member is heartfelt.



## 24/7 CRISIS SUPPORT

We provide immediate help to individuals and families at risk of or in crisis of intimate partner and family violence. We provide the support needed and/or provide the appropriate resources.

Provincial Crisis Line: 1-877-977-0007

Local Crisis Line: 204-482-1200

Text: 204-805-NOVA (6682)

Live Chat: novahouse.ca

Facebook/Instagram: @novahousemb

Email: info@novahouse.ca

# OUR SERVICES

### EMERGENCY RESIDENTIAL PROGRAM

This program provides immediate safe and secure short-term accommodations for individuals (with or without children) who are experiencing intimate partner or family violence. Working from a trauma-informed, best practices perspective, we build on the existing strength and resilience of our clients. We hope to promote recovery and healing from the impact of intimate partner and family violence.

### CHILDREN, YOUTH & PARENTING PROGRAM

The goal of our Children's Program is to help provide the bridge often needed to help repair the trust and understanding between a parent and child that may have been lost in the chaos of living with abuse. We create spaces and opportunities for children to laugh and play with their mom and/or with other children. We also facilitate an array of programming for children and parents. The "Nobody's Perfect" program is a facilitated parenting program structured to support moms with their needs and help them come up with their own solutions.

### RISE: TRANSITION PROGRAM

While many women come to Nova House for short-term support, others may have less opportunity and access to external supports and prefer the structure of a residential program. Our RISE program is a residential program designed to support individuals (with or without children) who have completed our Emergency Residential Program and want to continue their healing journey. This program offers residential support for one year or more.

### NON-RESIDENTIAL PROGRAMS

**Follow-Up:** Provided to individuals/families leaving any of our Residential Programs. Our Outreach Worker maintains contact for six months or longer to provide continued support.

**Interim Housing:** Offered only to individuals or families who are in our residential program and in need of a short term housing option while they wait for something more permanent.

**Non-Residential Support:** Offered to individuals at risk of or who have experienced intimate partner/family violence.

Our programs include individual counselling, child and parent counselling, parenting groups, child care, group therapy, educational workshops, art therapy, life planning/coaching, job skills and development and work experience.

# OUR IMPACT

When someone is at risk of or in current crisis of an abusive relationship, calling a shelter can be a difficult decision to make. So many people hide what they are going through in fear of what may happen if they reach out. An individual or family leaving their home because of abuse needs more than just a safe place to stay. They need emotional support, help dealing with negative emotions, help dealing with childcare and help to figure out their next steps. Shelter staff help women build confidence, self esteem, create safety plans and secure new and safe housing. Without the support and security provided by a shelter, families would be stuck in unsafe circumstances, or worse, they would be left homeless, without support. The impact of staying in a shelter can be life changing. Our greatest impact is the ability to keep our phone lines and doors open to everyone that reaches out 24 hours a day, 7 days a week.



## 1496 Crisis Calls

This number reflects only phone calls. Data collection for other sources of contact like texting, live chats and private messaging on social media was not collected in this fiscal year. A new software program implemented at the end of the fiscal year will collect this data.



## 145 Women Supported

This breaks down to 84 Residential clients and 76 non-residential clients supported. Shelter stays ranged from 2 nights to 6 months, with the average length of stay being 17 nights.



## 96 Children / Youth

All of the children and youth staying in shelter participate in age-appropriate activities and parent- child groups during their stay.



## 648 Counselling Sessions

Each client staying in the shelter meets with their counsellor for individual counselling several times a week. They also have group sessions and attend workshops, this year we held over 500 educational workshops and groups.



## 3665 Bed Nights

In addition to the shelter bed nights, our interim unit provided shelter for 4 families (4-women and 10-children) for a total of 794 bed nights.

### IMPACT OF PROVINCIAL SHELTERS IN MANITOBA - 2022 / 2023

**18774**  
Crisis Calls

**63767**  
Beds Occupied

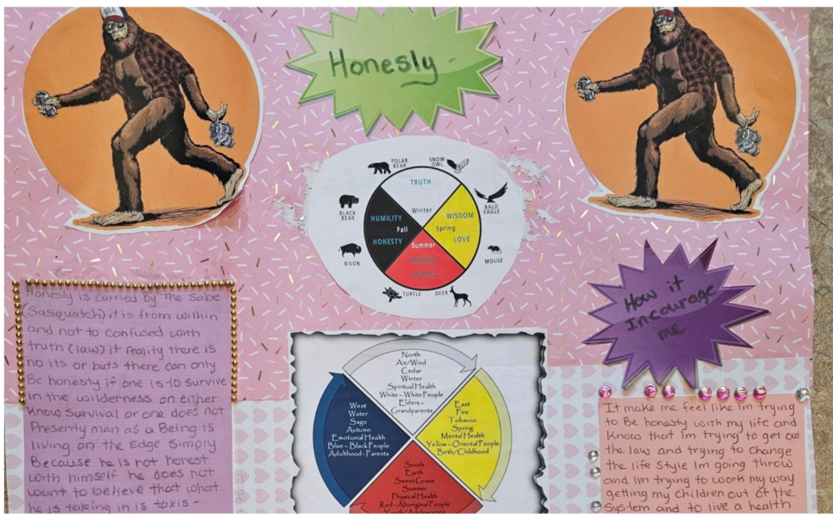
**2529**  
Individuals  
Sheltered

**2965**  
Served by  
Shelters

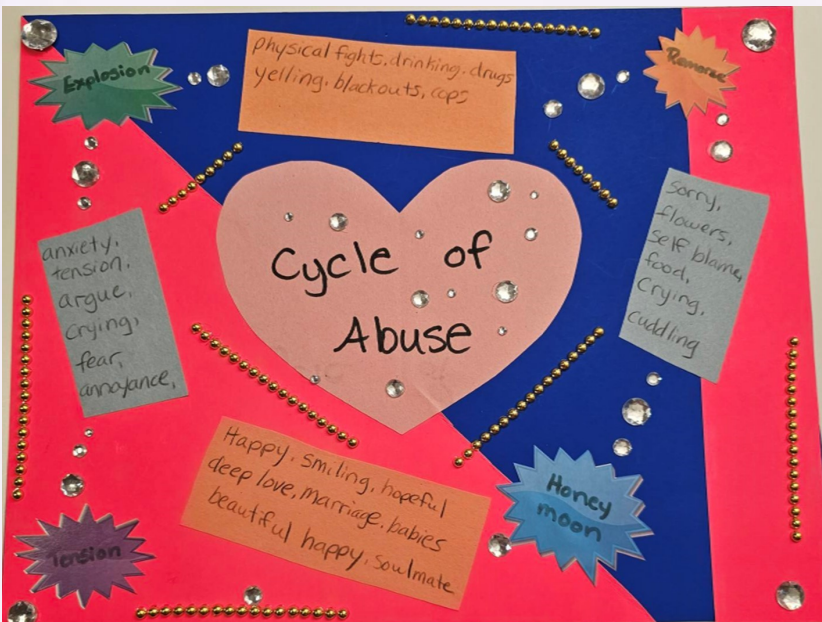
**8471**  
Counselling  
Sessions



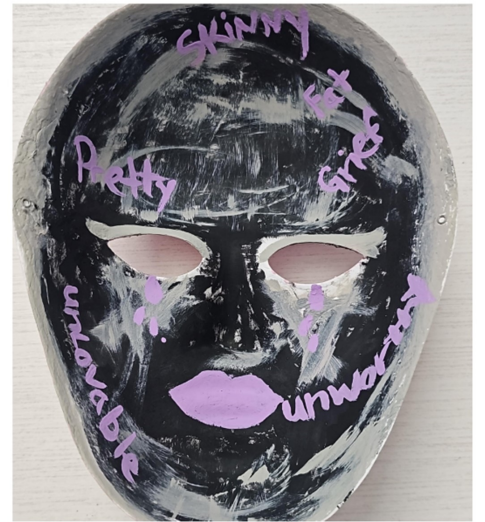
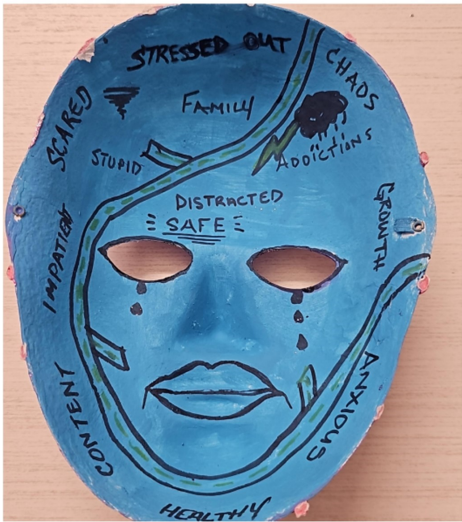
# PROGRAMMING IN PICTURES



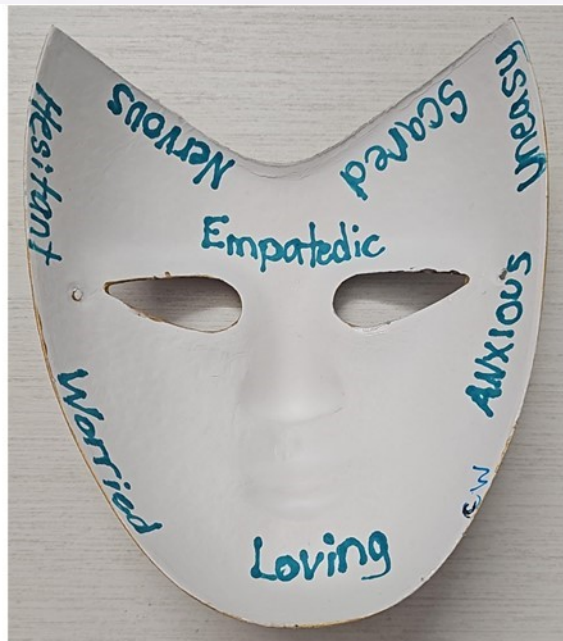
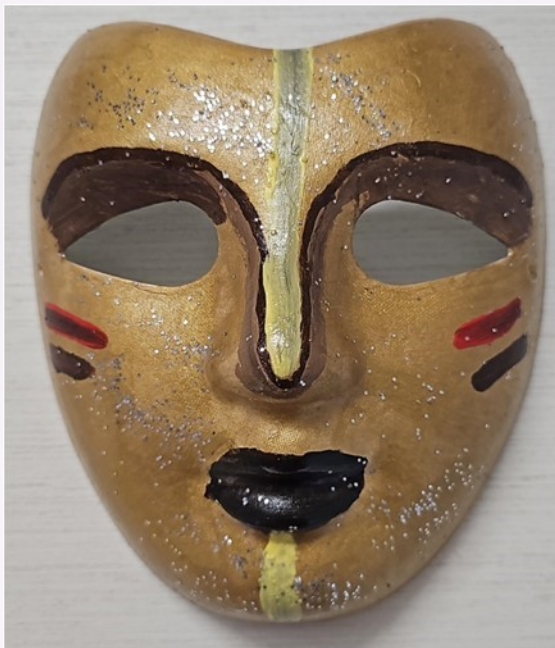
Using different methods when we teach helps clients relate to the topic and to others who have similar experiences. In our teachings about of the cycle of abuse, for example, we encourage clients to express and discuss their own experiences. As they share their stories; it is often illuminating to clients how the cycle mirrors their own common patterns.







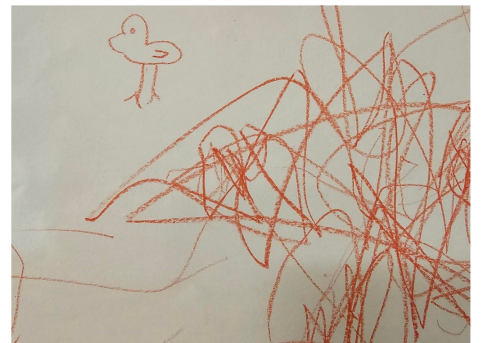
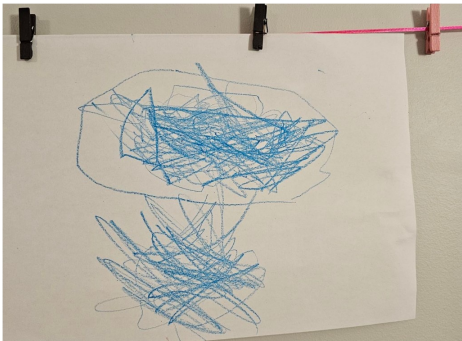
The MASK PROJECT focuses on self reflection and expression. This project often starts some difficult conversations but always connects clients on a deeper level. Clients are asked to illustrate how they believe others see them through the use of painting, drawing and writing on the outside of the mask. On the inside of the mask they are asked to express how they see themselves.





# ARTISTS AT WORK

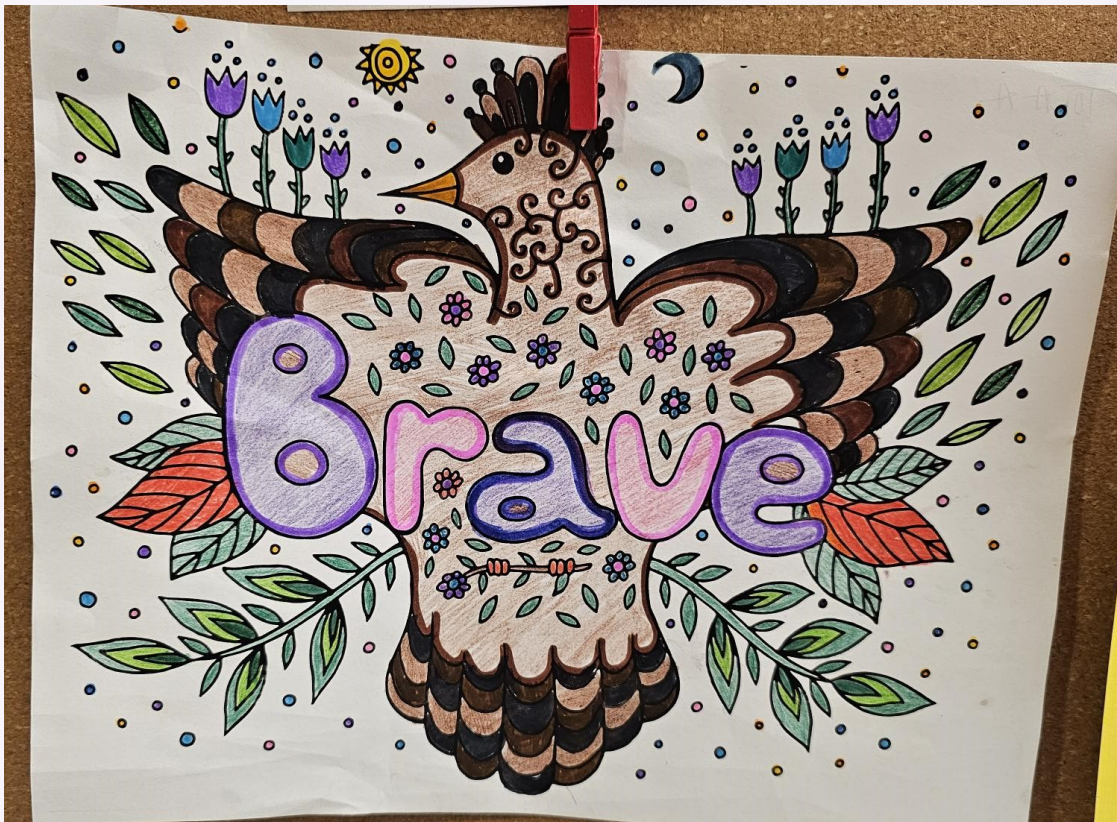
Activities that promote imagination and creativity are part of the children, youth, and child-parent programming.







They say “a picture is worth a thousand words” and they truly can be. Painting and drawing help to express feelings and are among the most popular activities we do at the shelter. It is amazing how much talent we see, so many artists.





# HOLIDAYS



Spending time baking and working on activities that celebrate the season is always something to look forward to. Of course the big holiday meal and a visit from Santa is always a great hit.



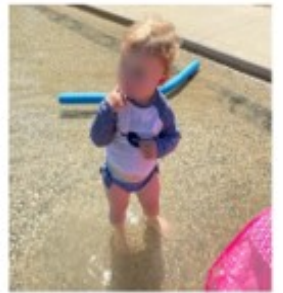
**February 14th** at Nova House is **GALENTINE'S** Day. We spend time creating chocolates and baked goods and old school mailboxes — used to share messages of empowerment with each other.





# FIELD TRIPS

Field trips are not possible without donations and grant funding. Each year we try to set aside some money so that we can take families out of the shelter to relax and enjoy the summer. This summer we headed to the Selkirk Pool, Manitoba Marine Museum, the Manitoba Museum and of course we couldn't miss out on the Zoo. The Children and Moms had such a great time, and so did all the Staff.





# COMMUNITY OUTREACH

The Selkirk Record Thursday, December 15, 2022 3

## Community Vigil Walk remembers women lost to violence

### Local advocates come together to show support

By Katelyn Boulanger

It was a chilly night for a walk outside but that didn't stop residents from gathering outside of the Selkirk Friendship Centre to make their way to the Selkirk Civic Office for the area's 12th Annual Community Vigil Walk. The walk remembers residents in our province who have been victims of violence and is coordinated by Selkirk Business & Professional Women in partnership with the Selkirk Friendship Centre and Nova House

and hosted by the City of Selkirk.

Once the group made their way to each of the organizations involved spoke about the resources that are available in the community and the importance of this walk.

The event takes place on Dec. 6 annually to commemorate National Day of Remembrance and Action on Violence Against Women as on this day in 1989, 14 young women at Polytechnique Montréal were murdered in an

act of violent misogyny.

Colleen Allan BPW Selkirk's president started the event with a land acknowledgement.

"Thank you, and welcome everybody to City Hall. On this cool night, to say the least. It's an important night, though. Important that we're out and we walk and we do this together. . We're working together and we're remembering and we're going to make a difference. You're making a difference," said Larry Johannson Selkirk Mayor.

Next, Constable Paul Human community policing officer from the Selkirk and area RCMP, came up to speak.

"I challenge all of you to look up one of the victims [of the École Polytechnique disaster] and learn their story. Because if we tell their stories, they will never die," said Human.

He also challenged residents to make changes in our communities to stop violence from happening.

Continued on page 5



12th annual Community Vigil Walk.

RECORD PHOTOS BY KATELYN BOULANGER

Throughout the year the Outreach Worker at Nova House participates in community events like **Kirstin's Walk for Kids** in June, the **Grandmother's Walk** in September and the **December 6th Vigil** walk. She also presents to organizations and schools about who we are and how we can support people at risk of or in crisis of intimate partner / family violence.

Lunch and Learn presentations throughout the year are done in collaboration with community organizations on a variety of topics. These short presentations give community members an opportunity to come out and learn about the resources available to them in our area.

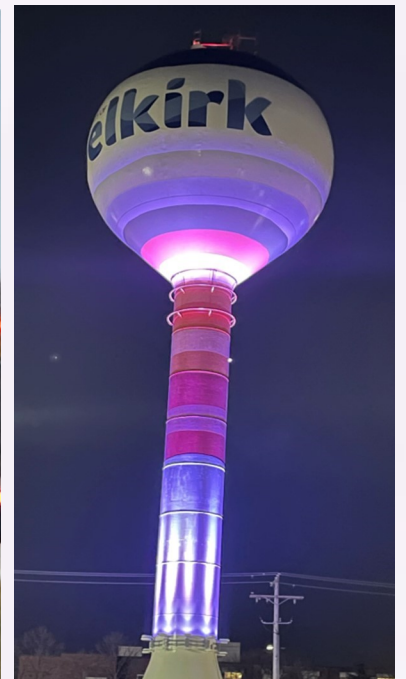
## DOMESTIC VIOLENCE AWARENESS MONTH



Our Annual PJ campaign helps raise awareness of Intimate Partner/Domestic and Family Violence. Dozens of pajamas are donated by community members and given out to families arriving to the shelter.

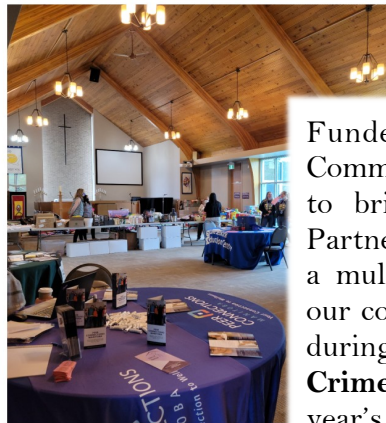


Great support in November from the City of Selkirk. The Water Tower was glowing purple in support of Domestic Violence Awareness Month and the sign coming into Selkirk helped promote our campaign.

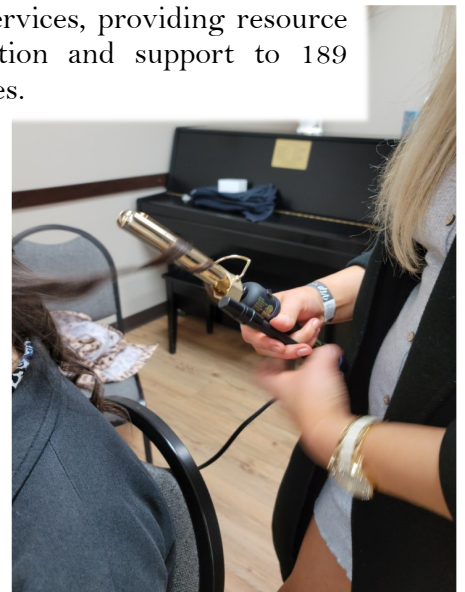




# COMMUNITY WELLNESS DAY



Funded by **Justice Canada**, Community Wellness Day helps to bring awareness of Intimate Partner and Family Violence and a multitude of other supports in our community. The event is held during **Victims and Survivors of Crime Awareness Week**. This year's annual event hosted 16 community organizations and other services, providing resource information and support to 189 attendees.





# APPRECIATING HARD WORK

While we appreciate our staff each and every day, March 5th is recognized as “Employee Appreciation Day” and we do not miss the opportunity to recognize the greatness and hard work of our staff on this day. Making sure they have a little something extra can go a long way in letting them know how special they are. This year we created a staff survival kit filled with treats.



# TEAM BUILDING: AMAZING RACE

Staff team building is an important part of strengthening and bonding a team. We feel that our team is filled with extra-ordinary women who work hard every single day. They give everything they have to provide a safe space for families staying in our shelter and calling on us for support. To that end, this year we had our first Annual Amazing Race Team Building Day. This event gave the management team an opportunity to let the staff participate in some fun, silly activities and show some appreciation for the hard work they do. It was very well accepted and we intend on making it an annual event.





# TWICE OVER THRIFT STORE



**Your donation to TWICE OVER makes a huge impact to Nova House.** Families often arrive at our shelter with nothing. Starting over is not easy, but the families using the services at Nova House have the opportunity to shop at Twice Over free of charge. Replacing items that these families have lost while fleeing abuse helps to bring back some hope that starting over is manageable. Proceeds from the store also go to support programming at Nova House.



**Our volunteers at Twice Over help run the store. Along with Tammie, the Store Manager, this report gives us the opportunity to send a big thank you their way. Tammie, Darlene, Christine, Cora, Betty and Val, we are so grateful to you for the countless hours you give of your time. The store runs better with your insight and support. Thank you so very much!!**



# MANITOBA ASSOCIATION OF WOMEN'S SHELTERS

MAWS is a collective association of the ten Manitoba provincial interpersonal and family violence shelters in Manitoba.

MAWS supports its members and affiliates by providing training, outreach, and advocacy. MAWS continues to empower its members and partners in their frontline work and helps to advance the impact in the provincial and national anti-violence sectors.

In the 2022-2023 reporting year, MAWS continued to build community partnerships and added to its public education and training initiatives, including an increase to the courses offered through the MAWS website (see page 16). MAWS is a pivotal strength to its members, advocating for survivor-centered solutions to end Gender Based Violence. **FOR MORE INFORMATION PLEASE VISIT [MAWS.CA](http://MAWS.CA)**

## MAWS MEMBERS



**Agape House**  
Agape House  
Steinbach  
[agapehouse.ca](http://agapehouse.ca)



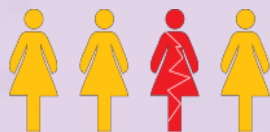
Parklands Crisis Centre,  
**Dauphin**  
[parklandcrisiscentre.ca](http://parklandcrisiscentre.ca)



Aurora House  
**The Pas**  
[aurorahouse.sharethecare.com](http://aurorahouse.sharethecare.com)



Prairie Harbour  
**Portage la Prairie**  
[prairieharbourinc.ca](http://prairieharbourinc.ca)



Genesis House  
**Winkler**  
[genesishouseshelter.ca](http://genesishouseshelter.ca)



Thompson Crisis Centre  
**Thompson**  
[thompsoncrisiscentre.org](http://thompsoncrisiscentre.org)



IKWE  
**Winnipeg**  
[lkwe.ca](http://lkwe.ca)



YWCA  
**Brandon**  
[ywcabrandon.ca](http://ywcabrandon.ca)



Nova House  
**Selkirk**  
[novahouse.ca](http://novahouse.ca)



Willow Place  
**Winnipeg**  
[willowplaceshelter.ca](http://willowplaceshelter.ca)

# MAWS EDUCATION AND TRAINING

MAWS offers courses online that are designed to provide information on a variety of topics. Course certificates are issued once they have been completed. Shelter staff are given free access to all courses and all of the staff at Nova House are required to complete all of the courses offered. Access is also included with a membership to MAWS. For more information about the training that is offered please visit our website:

<https://maws.mb.ca/courses-available-now/>

## **AVAILABLE COURSES:**

Stop Family Violence

Transforming Together - Board Governance Course

Domestic Violence Safety Assessment Tool (DVSAT)

Understanding Mental Health and Substance Use: Training for Professionals Working with Survivors of Intimate Partner Violence

Indigenous Perspectives

Cultural Humility

Supporting Muslim Women in Intimate Partner and Family Violence Shelters

Islamophobia

Vicarious Trauma, Compassion Fatigue and Burnout

Self Care

Understanding Stress

Emotional Intelligence and Counselling Strategies

Trauma and Trauma-Informed Care

Supporting Clients with Traumatic Brain Injuries from Intimate Partner Violence

The Crisis and Supportive Listening Line

Documentation Quick Study Course

Coercive Control

Eating Disorders

Technology Facilitated Violence & Teen Dating

Ethics for Helping Professionals

Working with Disclosures of Childhood Sexual Abuse

Understanding the Impact of Domestic Violence on Mother-Child Relationships

Counselling Skills



# About the Gender-Based Violence Program

The Gender-Based Violence Program (GBVP) plans and develops community programs that help stop family violence. The program provides funding to community-based organizations that offer special services for abused women and their children and for men living with family violence.

There are 33 agencies across Manitoba that provide help for people affected by family violence. These agencies include:

- **10 women's shelters** that provide emergency shelter and counselling for women and children who are victims of family violence. They also find accommodations for men who require a safe place.
- **A provincial toll-free crisis line** that automatically links you with the nearest shelter that will provide safety.
- **Nine women's resource centers** that provide information and referral, individual counselling and support groups for women, as well as children's programming.
- **Four residential second-stage** housing programs that offer protective, affordable, long-term housing for women who leave an abusive relationship, but need more than just physical protection.
- **14 specialized programs** that provide individual counselling, open and closed support groups, longer term counselling, training for other service providers, public education, supervised access services for parents, and their children and couples counselling.



## A Message from the Gender-Based Violence Program

The Gender-Based Violence Program and Gender Equity Manitoba Secretariat would like to thank Nova House for your continued efforts and commitment in supporting women and their children who have been impacted by gender-based violence.

We recognize the challenges agencies face, and want to acknowledge and commend the staff, volunteers, and the board members for your dedication and ability to be creative in providing quality services.

We would like to congratulate you on a successful year and thank you for all the work you do. We look forward to continuing to work together.

~Jamie Carnegie, Executive Director  
Gender Equity Manitoba

For more information about Gender Equity Manitoba please visit <https://www.gov.mb.ca/msw/>

Phone: 204-945-6281 Toll-Free 1-800-263-0234

*The Gender-Based Violence Program was formally The Family Violence Prevention Program, Manitoba Status of Women*

# A Message from Unifor

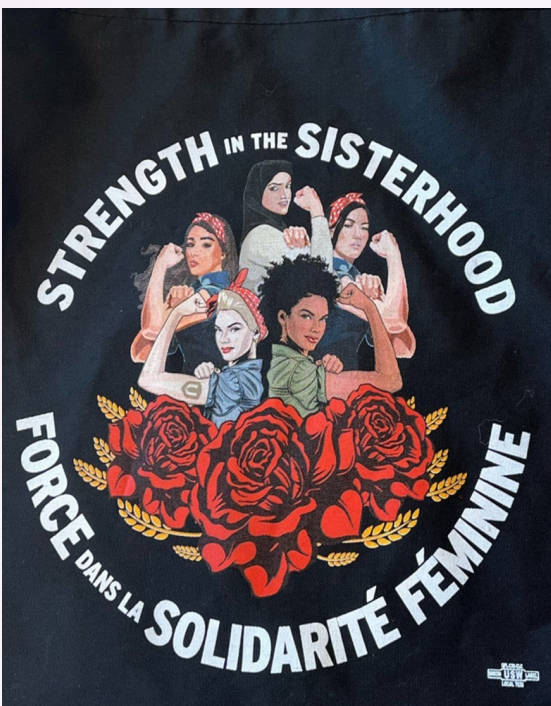
To the Women of Nova House

Thank you for the work you do. Thank you for continuing to be the change so many need. The protection, nourishment, safety and guidance you provide to those in need in our community continues to be a shining light. The forward momentum you provide on a daily basis is truly commendable and I hope you are all as proud of the work you do as I am to have you as part of our local. In your workplace, your days are spent encouraging and nurturing positive forward momentum in others, you nourish both body and soul. You empower women with an ability to create and to maintain a way to move forward, positively. 2023 has also shown some amazing momentum between the members of Nova House and the relationship with their union. We have seen two more women trained as shop stewards for their workplace; thank you to Danielle and Pam for taking the steward training and joining Heather as workplace representatives. We had an in-house vote to elect a new workplace chairperson; thank you to Heather for stepping up and taking on the added responsibility of this role and to Danielle for accepting the role of co-chair and those added duties. Pam and Danielle also took advantage of a training opportunity in Regina. This saw them renting a car and driving to Regina with a stranger from another workplace to spend a full week taking part in various activism activities and training with Unifor National. Also, the end of July saw Heather enjoying an all-inclusive resort style vacation in Port Elgin Ontario at the Unifor National Training Facility paid in full by Unifor. This week of activism/vacation is something I hope to see more Nova House families take advantage of. All of these things create positive forward momentum. This momentum helps build healthy relationships and healthy workplaces. It is important and I strongly encourage you to keep it up. I look forward to the opportunities presented in the second half of this year, continuing with training and building new relationships. The momentum we have built at Nova House has been fun to be part of and I have no doubt it will continue as the year goes on. Thank you for allowing me the opportunity to be part of your Nova House family.

In solidarity,

Joel Zillman

President Local 830



## Strengthening Women's Committees:

**A 3-Day Women Activists Education Program, hosted by the Unifor Education Department,** provided women with the tools to organize, hold ground on the gains we have made, and push forward to build a movement for women's economic and social equality. The course covered a wide range of issues, such as women's work, understanding oppression, harassment and violence, women's history, and women in unions. Participants developed skills to make real change in the union, the workplace, and the community around equality issues.

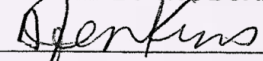
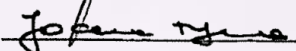
An exciting new **1-Day Strengthening Women's Committees Outreach, hosted by the Unifor Women's Department** provided sisters with the tools to mobilize on equality issues in the workplace and the community. A Local Union Women's Committee works towards bringing attention to and supporting campaigns that focus on improving the issues that affect women's lives and supports members.



**NOVA HOUSE INC.**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT MARCH 31, 2023**

	2023	2022
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash (Note 4)	\$ 1,007,598	\$ 668,551
Internally restricted cash (Note 2) (e)	423,341	661,015
Accounts receivable (Note 5)	90,744	97,648
Due from related party (Note 6)	16,716	20,045
Prepaid expenses	-	1,304
	<u>1,538,399</u>	<u>1,448,563</u>
TANGIBLE CAPITAL ASSETS (Note 7)	<u>552,107</u>	<u>178,378</u>
	<u>\$ 2,090,506</u>	<u>\$ 1,626,941</u>
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities (Note 8)	\$ 69,739	\$ 37,586
Deferred revenue	191,665	7,371
	<u>261,404</u>	<u>44,957</u>
DEFERRED CAPITAL CONTRIBUTIONS (Note 9)	35,842	51,203
PAYABLE TO PROVINCE OF MANITOBA (Note 11)	7,853	46,900
CANADA EMERGENCY BUSINESS ACCOUNT (Note 12)	-	40,000
	<u>305,099</u>	<u>183,060</u>
<b>NET ASSETS</b>		
Internally restricted contingency fund	423,341	661,015
Invested in tangible capital assets	432,265	127,175
Unrestricted	929,801	655,691
	<u>1,785,407</u>	<u>1,443,881</u>
	<u>\$ 2,090,506</u>	<u>\$ 1,626,941</u>

APPROVED BY THE BOARD OF DIRECTORS

  
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**NOVA HOUSE INC.**  
**STATEMENT OF OPERATIONS**  
**FOR THE YEAR ENDED MARCH 31, 2023**

	2023	2022
<b>REVENUE</b>		
Grants	\$ 1,115,833	\$ 1,055,787
Per diems	155,659	125,214
Donations	140,786	63,759
Rent Rise	13,681	13,170
In-Kind donations	11,955	8,550
Prior year surplus carryforward	46,900	104,508
	<u>1,484,814</u>	1,370,988
Interest income	48,486	12,293
Other	10,166	1,036
Government of Canada Wage subsidy	-	76,819
Province of Manitoba - Healthy Hire	-	22,918
	<u>1,543,466</u>	<u>1,484,054</u>
<b>EXPENSES</b>		
Administrative expenses	22,934	17,224
Board expenses	2,176	2,061
Building expenses	69,297	82,777
Childcare	3,304	-
Client expenses	94,165	155,187
Dare to Dream scholarship	-	1,700
Event expenses	12,888	11,182
Gifts in Kind - Service expense	1,980	-
Insurance and utilities	2,255	-
Office	56,023	37,905
Per Diem Bed/Night	3,528	-
Professional fees	15,607	70,754
Salaries and wages	863,828	701,566
Vehicle	3,340	2,473
Volunteer expenses	-	249
	<u>1,151,325</u>	<u>1,083,078</u>
<b>EXCESS OF REVENUES OVER EXPENSES BEFORE OTHER ITEMS</b>	<b>392,141</b>	<b>400,976</b>
Current year unexpended grant funding payable to Province of Manitoba (Note 11)	7,853	46,900
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$ 384,288</b>	<b>\$ 354,076</b>



We can do so much more  
because of



*COMMUNITY STAKEHOLDERS, FUNDERS, and DONORS provide us with operational and project funding throughout the year. This support and funding allows us to accomplish our goals.*

10074810 Manitoba Ltd  
Aaron's No Frills  
All Saints Anglican  
Bed Bath and Beyond  
Bruno's Taxi  
Cambrian Credit Union  
Chapter S PEO Sisterhood  
Corpus Christie CWL Church  
DeCoster-Currie Foundation  
Eastern Interlake Hydro X Club  
Harry's Foods – Lockport  
JELD-WEN Windows & Doors  
Kinette Club of Stonewall  
Lily Pad Cruisers Car Club  
Lockport Community Church  
Lord Selkirk Comprehensive School  
Meadow Lea United Church  
Michael Robert Murdock Memorial Fund  
Network 4 Change, Beausejour  
Packers Women's Fashion  
Red River Messenger  
River Warriors Fitness Group

Selkirk GM  
Selkirk Home Hardware  
Selkirk United Church  
Shoebox Project  
Shoppers Drug Mart – Selkirk  
St. Andrew's School  
St. John Evangelical  
Stonewall Catholic Women's Group  
The Catholic Women's League of Canada, St. Mary-Beausejour Parish Council  
The Frank H. Hori Charitable Foundation  
Unifor General Fund  
Unifor Local 3003  
Whitemouth Health Authority  
WM S. Patterson School

**WE ARE SO APPRECIATIVE to The Estate of Catherine Marguerite Naumann. Catherine** bequeathed Nova House a large donation this year that helped make some pretty big dreams come true for us. Our new transition house became a reality much sooner than we thought possible because of her incredible generosity.

*Errors or omissions are not intentional, however for the sake of privacy, we have not listed individual community members donations. So many individuals have made donations to Nova House financially or by dropping off essential items to our shelter or thrift store. We are forever grateful!*

# Our funders

**Province of Manitoba Gender Based Violence Program  
Gender Equity Manitoba Secretariat**

**Reaching Home Initiative of the Federal Government  
Brandon Neighbourhood Renewal Corporation**

**Public Health Agency of Canada  
Community Action Program for Children**

**Province of Manitoba Housing  
Manitoba Housing**

**Selkirk and District Community Foundation**

**Women's Shelters Canada**

**Justice Canada**

# Thank you!





**24/7 SUPPORT**

**Provincial Crisis Line**

**1-877-977-0007**

**Local Crisis Line**

**204-482-1200**

**Texting Line**

**204-805-NOVA (6682)**

You can also visit our website to chat live with a support worker  
**[novahouse.ca](http://novahouse.ca)**



**@novahousemb**

**General Inquiries**

**204-482-7882**

**[info@novahouse.mb](mailto:info@novahouse.mb)**

**Mailing Address**

**Box 337**

**Selkirk, MB R1A 2B3**