



ANNUAL REPORT 2023



519-669-8651

65 MEMORIAL AVE, ELMIRA

WOOLWICHCOUNSELLING.ORG

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AGENCY OVERVIEW



Vision

Woolwich and Wellesley Townships are mentally and emotionally healthy.

Mission

Woolwich Counselling Centre is a community-based counselling agency facilitating emotional and mental wellness. We create awareness, provide education, and promote preventative mental wellness strategies for individuals, families, and communities. In partnership with other community agencies, we act as a catalyst for healthy living. We offer affordable, accessible, and professional services for all.

LEADERSHIP REPORT



Amanda Wood-Atkinson
Executive Director



Tammy Mayer
Board Chair

As we reflect on the activities of the past year, we recognize that an agency such as Woolwich Counselling Centre (WCC) truly gets its strength from being part of the fabric of our community. It is a time to celebrate the meaningful work that is accomplished each day at WCC – by the community and for the community.

As an organization, we continued to see growth over the past year. In February 2023, we opened a satellite location in Breslau at Achieve Balance – offering one day per week of counselling support in that location, in addition to our ongoing presence in Wellesley one day per week. As of June, our main site in Elmira is now open on Fridays.

In addition to this physical growth, this year we saw the continued growth of several of our programs and initiatives. We were awarded a Hallman grant to offer continued support for school-age children and were pleased to continue our partnerships with local schools. We offered a new Quick Response service for children and youth – a no cost counselling support to any child and youth in the Woolwich and Wellesley Townships.

Furthermore, in partnership with the Counselling Collaborative of Waterloo Region, we were awarded a large grant from the Ministry of Children, Community and Social Services in the Ontario Autism Program. This grant allowed us to build capacity in our local mental health system to offer services for autistic children and youth. Woolwich Counselling Centre acted as the lead of this project, and collectively, we gathered feedback, developed recommendations, and trained over 50 therapists to better support the mental health needs of neurodivergent children and their families.

Recognizing that our Strategic Plan from 2020-23 was coming to a close, the Board and staff established some new goals for the coming years. A few of these goals are focused on the priorities of suicide prevention, continued work to raise awareness of the Centre, as well as excellence in service. Many thanks to the ways in which both staff and the Board work together to move forward with this shared vision.



The Board also continued to tighten our governance through launching a Board SharePoint site and completing a Board Performance Evaluation. This helped us set governance goals for the upcoming year. Through the Finance and Audit Committee, we also completed a thorough review and recommendation of the fee structure – which had not been revised for the past 5 years.

In conclusion, it has been another incredible year at Woolwich Counselling Centre. We are grateful to the Board, staff, volunteers, clients, partners and donors for their continued investment and support of this agency. We are privileged to provide leadership to this remarkable group of people and remain committed to the vision that Woolwich and Wellesley Townships will be emotionally and mentally healthy.



ADMINISTRATIVE STAFF



AMANDA WOOD-ATKINSON
(she/her), MSW, RSW
EXECUTIVE DIRECTOR



BETH MASON
(she/her), MSW, RSW
PROGRAM DIRECTOR



HANNAH HARMAN
(she/her)
OFFICE ADMINISTRATOR



VANESSA BELANGER
(she/her)
OFFICE ADMINISTRATOR



CHRISTINE BIRCH
(she/her)
**FINANCE AND OPERATIONS
COORDINATOR**



SHWETA S.
(she/her)
**AWARENESS AND
ENGAGEMENT
COORDINATOR**

CLINICAL STAFF



JANESSA BAUMAN
(she/her), BSW, RSW
CLINICAL PROGRAM COORDINATOR



NADINE BENGERT
(she/her), MSW, RSW
COUNSELLOR



KIM BLACKMORE
(she/her), MC, RP, CPT, RYT
COUNSELLOR



SAMANTHA HICKS
(she/her), MSW, RSW
COUNSELLOR



KATIE LAWSON
(she/her), MSW, RSW
COUNSELLOR



SARAH MACDONALD
she/her, MA, RP
COUNSELLOR



SUE MARTELL
(she/her), MA, AAMFT, RP
YOUTH COUNSELLOR



ANDY MARTIN
(he/him), MA, RP, PhD(C)
COUNSELLOR



DI-ANNE MARTIN
she/her, MSW, RSW
COUNSELLOR



JESSIE QUINN
(she/her), CDA, MSW, RSW
COUNSELLOR



KELLY REITZEL
(she/her), M.Cl.Sc., MHE (candidate)
OAP MENTAL HEALTH PROJECT LEAD



KATE SUFFLING
(she/her), M.Ed Counselling, OT Reg. (Ont.)
COUNSELLOR

BOARD

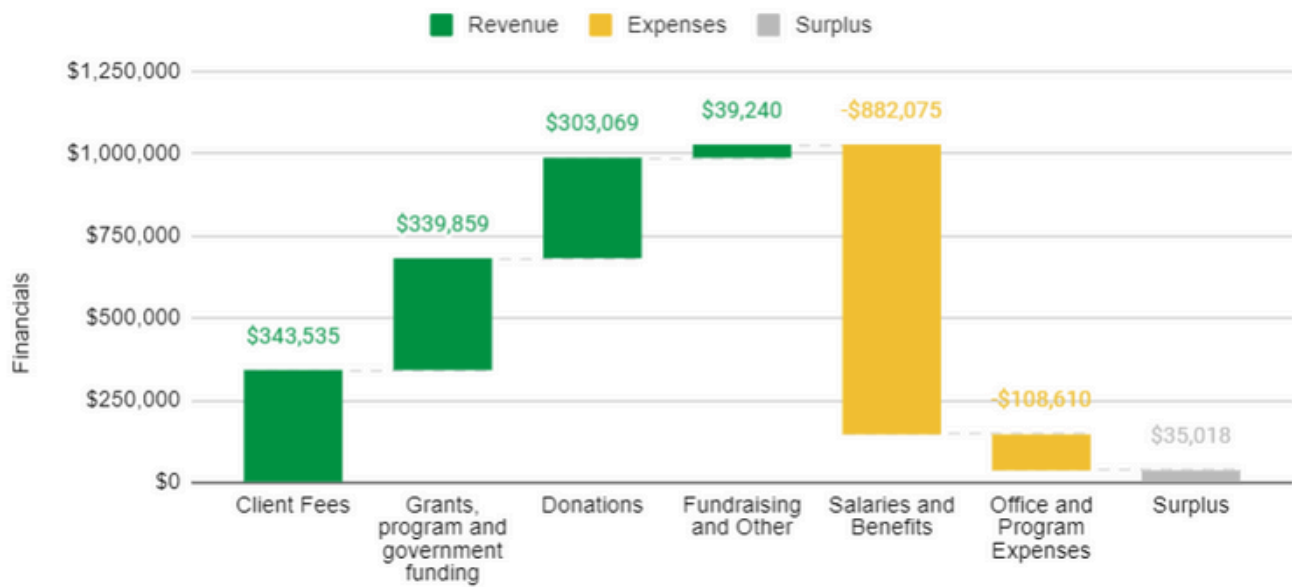
- **Tammy Mayer (Chair)**
- **Jonathan Brubacher (Vice-Chair)**
- **Vern Lunz (Treasurer)**
- **Hannah Harman (appointed Secretary)**
- **Sydney Austin**
- **Sheila Forler Bauman**
- **Rob Horne**
- **Diane Martin**
- **Quentin Martin**
- **Brian Shantz**
- **Sheri Stover**
- **Matt VanderMeer**



FINANCIAL HIGHLIGHTS

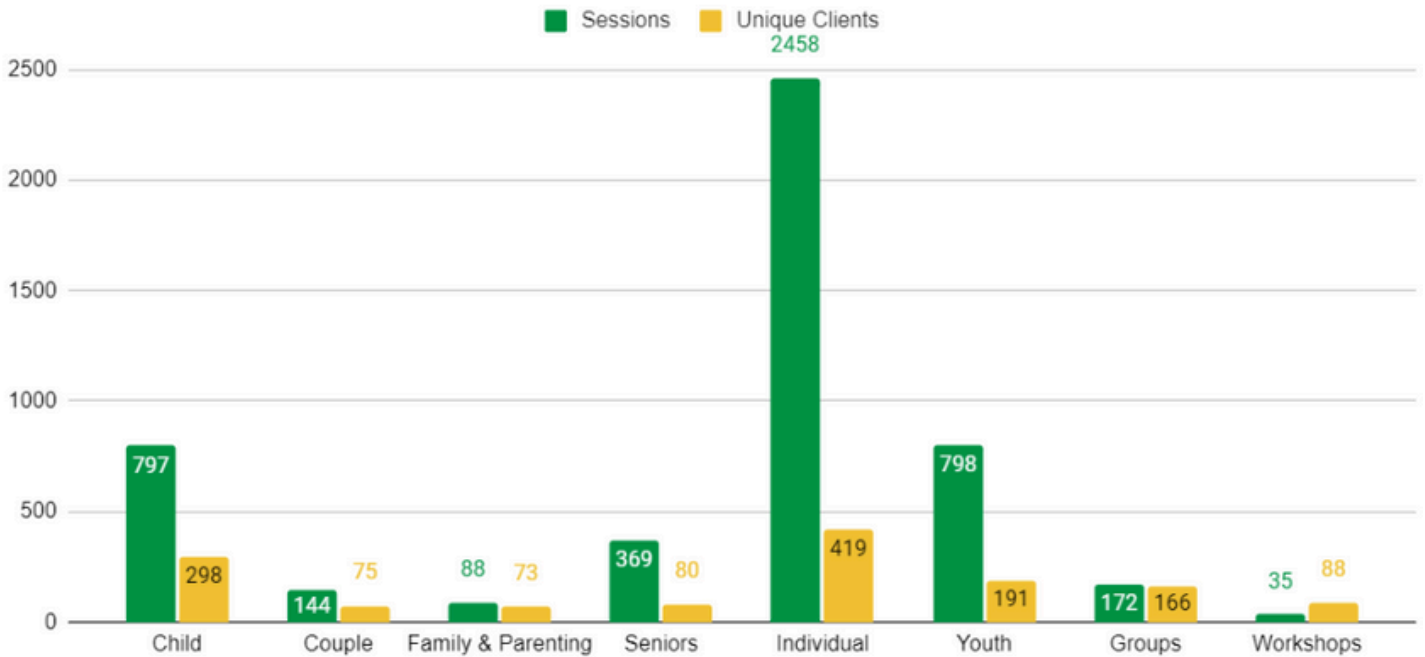


Financials

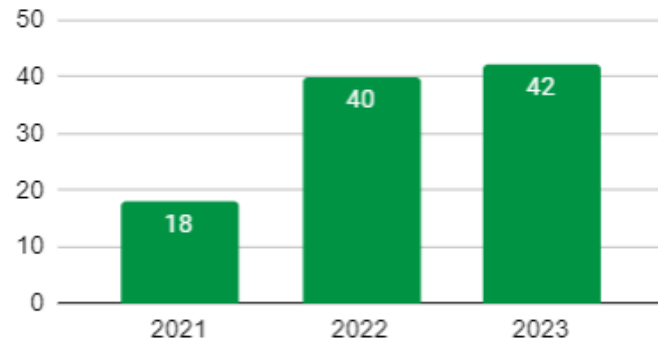


PROGRAM HIGHLIGHTS

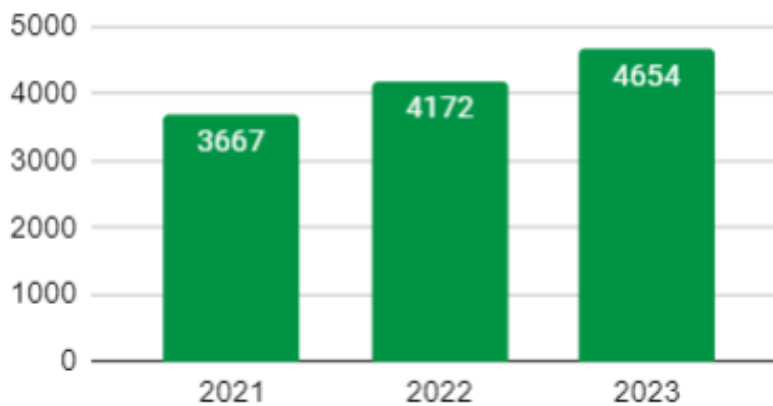
Sessions and Unique Clients



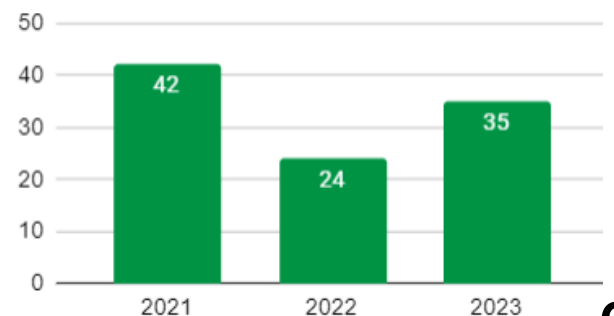
Groups (avg 4 sessions each)



Total Counselling Sessions



Workshops



BY-LAW CHANGE

In October 2024, updates to the Ontario Not-for-Profit Corporations Act will come into effect. In 2023, the Board initiated a thorough review of the Woolwich Counselling Centre Articles and By-law and updated both to comply with the revised Act. Changes to the Articles and By-law were reviewed with members at the Annual General Meeting and approved as presented. A big thank you to the Board for their interest and dedication to maintaining these governing documents.

Become a WCC Member:

Interested in serving on our board or becoming a member of our organization? Please email us at boardchair@woolwichcounselling.org.



TOGETHER FOR MENTAL HEALTH - MAY 25 2024

WOOLWICH COUNSELLING CENTRE PRESENTS

SATURDAY, MAY 25



Together for Mental Health

HAYLEY WICKENHEISER
OLYMPIC GOLD MEDALIST

COREY HIRSCH
FORMER NHL GOALIE



WITH A MUSICAL PERFORMANCE BY BRADLEY HALE

**A FREE COMMUNITY EVENT SHINING THE SPOTLIGHT
ON MENTAL HEALTH IN WOOLWICH AND WELLESLEY TOWNSHIPS**

**LOCATION: ELMIRA DISTRICT SECONDARY SCHOOL (EDSS)
DOORS OPEN AT NOON; SPEECHES 1-2 PM; ACTIVITIES 2-4 PM
NO REGISTRATION REQUIRED**

- PRESENTATION
- MEET AND ENGAGE
- SILENT AUCTION
- AND Q&A
- WITH CELEBRITIES
- LIVE MUSIC

Games and activities from our local organizations include:

- Hockey, soccer, ringette, cornhole and lawn games
- Fire truck, police car, service dogs, food trucks, lemonade stand
- Face painting, henna, bubbles, crafts
- Drumming, camp fire, music, movement and acting sessions, accessible exercise, reiki
- Mental health Jeopardy, fishing for emotions activities and MORE!



THANK YOU!

With many thanks to all of our generous community partners who work with us in varying capacities and our wonderful donors. We couldn't do it without you!

