




2021

OUR IMPACT



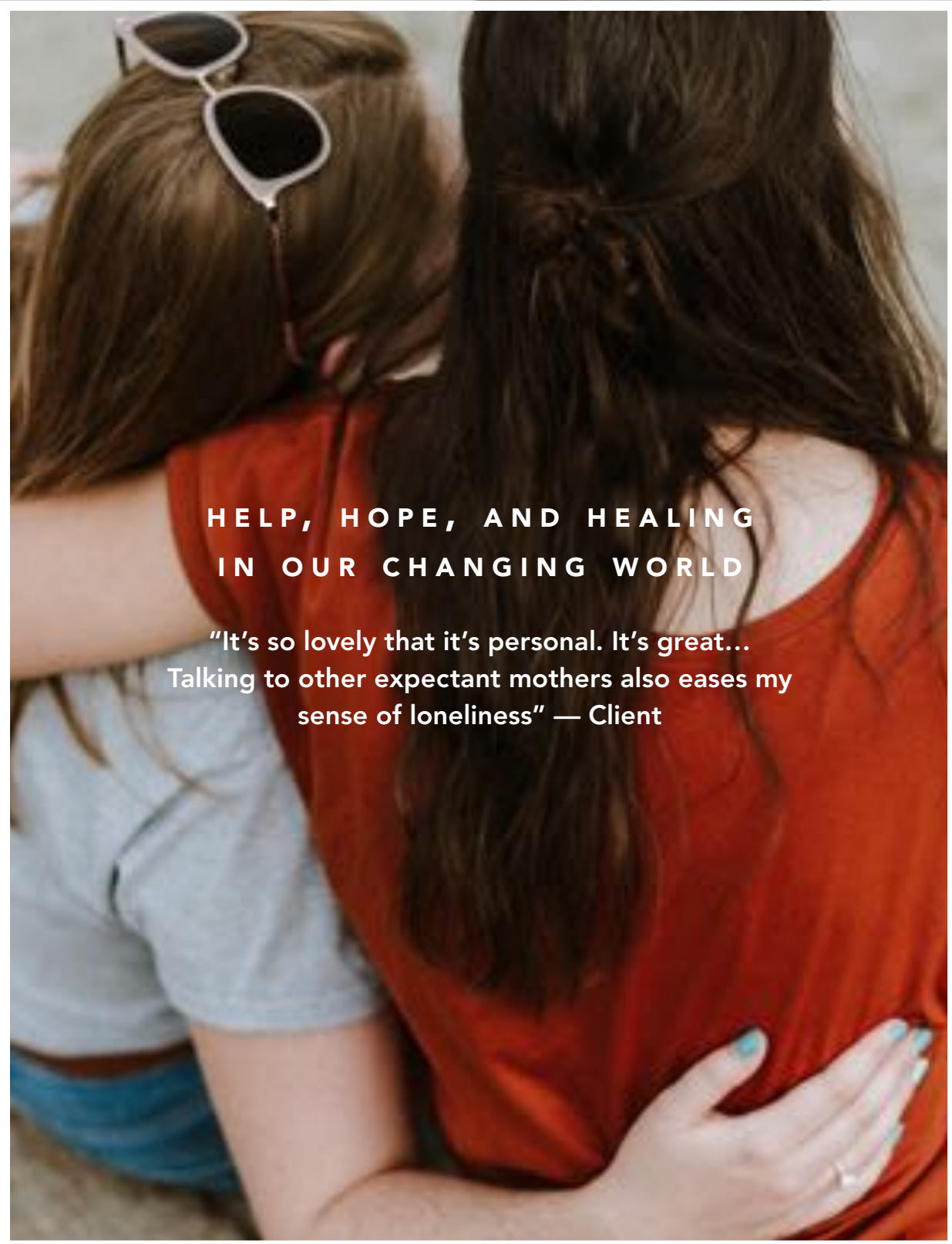
A LESSON IN RESILIENCE

For over 30 years, our mission has always been to be a place of help, hope, and healing to all individuals within our community. Our community deserves a safe place to turn to for compassionate, judgement-free support in the midst of crisis.

Here at the Markham-Stouffville Crisis Pregnancy Centre (MSCPC), we desire to treat people with the same kindness, compassion, grace, and truth as Jesus did. We are passionate about providing access to information in order to facilitate informed decision making. We respect each person's choice for their body and their pregnancy. We provide ongoing support regardless of the pregnancy outcome, and work with clients to develop an individual care plan based on their goals and needs.

We also feel strongly that anyone hurt from an abortion experience should have a safe place to turn for compassionate, judgement-free support. Our desire is to be there before, during, and after an unintended or challenging pregnancy to provide a full circle of support.

Throughout our 30-year history, we have become a trusted resource for the Markham-Stouffville-Richmond Hill community. We have developed good relationships with other local organizations to surround clients with exceptional support and avoid duplicating services.



**HELP, HOPE, AND HEALING
IN OUR CHANGING WORLD**

**“It’s so lovely that it’s personal. It’s great...
Talking to other expectant mothers also eases my
sense of loneliness” — Client**

Who could have imagined that the COVID-19 pandemic would have lasted this long: all the way through yet another year? While it would be easy to become weary of the constant need to adapt, we are so proud of our team here at the MSCPC — especially their resilience. They continue to creatively come up with ways to love, care, and support our clients despite the constant changes and challenges.

This pandemic-weariness could easily translate to donor fatigue; however, we continue to be blessed with our many partnerships with churches, businesses, charities and individuals in the community who support us and our vision even in the midst of hardship. For this, we are so thankful.

As we head into another year, and as we look back at God’s faithfulness in the last 30 years, we see His hand at work. As we move forward, we are looking for new ways to serve our clients and community, placing our trust in Him, and knowing that He will continue to lead and guide us in the days and years to come.



Sarah Rytönen,
Chair of the Board

What can we say about 2021? I am incredibly proud of the MSCPC team and how we have all navigated providing excellent client care within the confines of pandemic regulations and stresses. We are incredibly blessed to have a team that works so well together, and that can shift, pivot and fill in the gaps so the clients remain safe, valued, and cared for.

In some ways this past year was easier than 2020. We were in a good routine, and had worked out how to provide care in the virtual world. However, in some ways it was harder. The restrictions really impacted how much in-person care and support we could provide, and it is that type of care that really has an impact in clients’ lives.

2021 saw the launch of our first-ever “Surrendering the Secret” post-abortion Bible study group. It was amazing to witness women, hurt by abortion, grieve their losses in a healthy way and find peace. We were able to return to an in-person Moms and Tots program in the fall through a partnership with Willowgrove Farm. The moms and tots had a blast at the farm! Also in the fall, we ran a series of virtual prenatal classes; we were able to end with a picnic in the park and surprise the moms-to-be with a little baby shower!

Throughout 2021, we focused on the opportunities that this pandemic landscape had to offer. We continued to remove barriers for our clients and provide exceptional crisis and on-going support.

Thank you to everyone who made that possible: our staff and volunteers, our board of directors and all of our donors and supporters. It really does take a village to raise strong, healthy families!



Cheryl Lindquist,
Executive Director



CLIENT STORIES:
SUPPORT NEVER STOPS

“I felt alone in this little circle of isolation, but the Centre offered me a place where someone listened and helped me sort through my thoughts. They helped me see beyond the middle of the puzzle I was in, and to hope for more, beyond what I could see.”

— MSCPC Client

Six years ago Katya* and her husband arrived in Canada with tear-stained faces. The unknown lay ahead of them, as their two young daughters remained back in their home country until the future seemed stable. They wanted a better life for their family, and for now, that meant heartrending separation. Moving in with her aunt, Katya was grateful for the support. Yet the road seemed daunting. Money was tight, her social life non-existent, and the paperwork was too much to handle.

And then came a surprise pregnancy, and it was just one challenge too many for Katya to face. The future was so uncertain, and she didn't feel mentally prepared for a baby. Everything was causing tension with her husband, and Katya felt herself sinking into despair.

Far from home, in the midst of deep depression, and mourning her daughters who could not be with her, Katya had her first Canadian baby — a beautiful boy. And yet, she felt “dead inside” as if she were just floating through the motions.

Overwhelmed financially when their son was six months old, Katya discovered the MSCPC's Practical Support program and reached out for help. She thought she just needed baby clothes and diapers, and had no idea the many ways the Centre would begin to walk with her. The compassion and emotional support Katya experienced at the Centre “was like medicine to a sick soul.”

The MSCPC staff helped Katya adjust to being a mom in Canada by sharing tips and resources. The registered nurse on staff answered questions as Katya maneuvered her son's allergies. She didn't just give textbook answers, but life answers from personal experiences. When she was at the Centre, Katya felt like part of the community and knew she wasn't alone.

Slowly with the MSCPC's support, Katya felt hope grow. When her son was around 18 months, she “woke up” and began to feel alive again — just in time to be reunited with her daughters! Tears flowed again, but this time, it was with the relief of having her family together again. The MSCPC staff rallied around her family, helping Katya prepare to welcome her daughters home, and celebrating this joyous occasion with them. But with over two years apart, coming together wasn't easy. They needed time for healing and learning to be a family again.

As she worked through the rollercoaster of emotions, she attended a course at the Centre called “Dealing With Stress.” This course and the support she continued to receive offered her strategies to better cope and strengthen relationships at home. Having the MSCPC in her corner made all the difference when Katya was expecting their fourth child. She felt excited and supported. “I remember thinking that God has a plan for me!”

Katya and her family are together and thriving. When she thinks of others facing a hard situation, she wants to encourage them. “Nothing lasts forever. This hardship is only for a short period of time, and we don't see a clear picture because we are in the middle of the puzzle. Nothing lasts forever!” In the darkest season of her life, the MSCPC walked with Katya and watched as hope began to shine again. She is so grateful for how the MSCPC surrounded her with community and support when she needed it most.

**Client name and photo are for representational purposes only.*

OUR 30 YEAR HISTORY

The MSCPC has been able to adapt over the last 30 years while still providing the same compassionate and loving care that marked the heart of its work in the beginning, as it continued to serve women experiencing a pregnancy crisis, no matter the outcome.

1990 We recognized a need in the community. Kathy Hubly and Brenda Alquire talked about their dream for a crisis pregnancy centre in their Markham-Stouffville community. They brainstormed ideas for a non-profit organization that offered factual and emotional support during or after pregnancy, practical support initiatives like offering baby clothes and baby food, free pregnancy testing, and post-abortion support.

1991 We put our vision into action. After more than a year of planning, the MSCPC received official charitable status in May, opened its doors to the public on October 5, and established its vision to promote education, provide support, and assist women who were experiencing crisis pregnancies. Kathy became the first chairperson of the board, and Brenda volunteered at the Centre. Celebrations continued as the Centre welcomed its first baby born to a MSCPC client.

In September, the MSCPC very quickly recognized a gap in service within the community - the trauma and grief after an abortion. It wasn't something often talked about, especially in faith communities, and the team wanted to not only offer a safe place for those struggling in silence, but also provide the opportunity for clients to find peace and healing.

1992 We grew and shared our knowledge and experiences. After a couple years of experience, the MSCPC provided support to Uxbridge Pregnancy Centre (now Sunrise Uxbridge) until they received their charitable status in January 2001.

At the Centre, the MSCPC was growing beyond its capacity at 63 Main Street, Markham, and moved to a basement suite at its current address. After months of planning and training, the MSCPC introduced a new program called Abortion Recovery Care, providing support to individuals and groups.

1995 We knew we couldn't do it alone, so we partnered with those in the community. It takes community effort to support women and families during and after a pregnancy crisis, so we began to reach out to those closest to us – individuals, churches, local groups, and businesses. We then began to build relationships with local schools, public health, and the local hospital. This helped establish the MSCPC as a trusted pregnancy resource.

1997 We joined an association to better serve our clients and community. The MSCPC joined Canadian Association of Pregnancy Support Services (CAPSS), now known as Pregnancy Care Canada (PCC), which provides guidance and support to pregnancy centres across Canada. This relationship meant that we had access to best care standards, educational and training materials for our team, and a large network of support and experience from other centres to ensure that we were well-equipped to serve our local community and clients.

2009 We gave more practical support to our clients than ever. In December, the MSCPC introduced Christmas Baskets as holiday gifts for our clients. We started by gifting to 6 clients, and in 2021, we gave more than 80 Christmas care packages!

2015 We continued to add to our services and programs, tailoring them to our clients' needs. In October, we launched our Moms and Tots program, allowing us to continue to provide holistic care for not only our moms, but also the littlest of clients.

2016 We expanded the Centre. The Centre expanded to include office space on the main floor of its current location, in addition to the basement which would eventually be used as the practical support department to store donations and material items.

2017 We added and updated our programs and services to continue to provide holistic care and support. We transformed our support programs into a graduated program that was based on the client's stage of pregnancy, and the child's age and stage of development, allowing access to essential items up until the child turned three years old. We also introduced prenatal classes as an additional program to our clients.

2020 We pivoted to meet the needs of our clients throughout the pandemic. We streamlined our Practical Support Program by assembling care packages to fit with COVID-19 restrictions while meeting the needs of our clients.

2021 It's amazing to look back 30 years and see how God has grown the reach of the MSCPC from our simple beginnings. As our community changes over the next 30 years, we can't wait to see what opportunities the MSCPC will come across to continue to be known in our community as the place of help, hope and healing, and where individuals can transition from crisis to thriving!



CLIENT STORIES:
THE MEANING OF HOLISTIC CARE

As a high school student, Rachel* felt like she had a lot going right for her. She had what many students wanted — a supportive family network, friends, a serious boyfriend, and a bright future ahead of her. She managed a mental health diagnosis with meds but did not let it define her. Sports played a big role in her life, and as a multi-sport athlete and a dedicated student, Rachel was aiming for a scholarship.

Time seemed to stand still when an unplanned pregnancy shook her world. She felt really scared and didn't know what to do. Her boyfriend was nervous about his family's response. Not only would they be disappointed in him, his family would also not be happy about having a biracial baby in their family. Caught between two worlds, his reaction was to try to set ultimatums for Rachel. But Rachel and her family's faith encouraged her to choose life.

With the anxiety over her pregnancy, tensions with her boyfriend, and wondering what her options really were, Rachel's grandmother helped her find the MSCPC for support and to have someone neutral to talk to. Rachel was so grateful for the judgment-free atmosphere at the MSCPC where she could openly talk through her emotions and process her thoughts. The MSCPC informed her of all of her options, answered any questions she had, assured her that she was her own decision-maker and that they were there to support her. This empowered Rachel to make the choice to continue with the pregnancy.

But sorrow soon arrived as Rachel miscarried her baby. The MSCPC's compassionate support helped carry Rachel through that dark season, and that was just the beginning. The Centre staff would continue to surround Rachel with support through the joy of pregnancy announcements, and then through the grief of miscarriages over the years.

Rachel's world was again rocked when her mother was diagnosed with cancer. She felt she had to make a choice between university scholarships and being home to support her family. Naturally, and without regret, she chose family and became the strong one that many relied on.

As her mom fought the long battle with cancer (and won!), Rachel suffered through another miscarriage. She was further along than previous times and had even met with the prenatal group at the MSCPC, meeting other moms and learning essentials like nutrition and car seat safety. Having a baby had begun to feel more real, making the loss of this baby even harder. The MSCPC remained the place she turned to as their caring staff helped her cope in the crisis.

As years passed, Rachel continued to choose her family and her boyfriend, worked a variety of jobs, and managed her mental health by remaining on her meds. When she found out she was expecting another baby, she again let herself hope that she would hold this child.

Having walked with Rachel through so much pain, the MSCPC staff were elated when she gave birth to her baby girl. It was a tough high-risk pregnancy that had Rachel in and out of hospital and on bed rest. With her history of loss, Rachel often felt anxious but hoped for a better outcome this time. The MSCPC client advocates cheered her on, texting frequently to check in on her and to encourage her. "They always said they were praying for me. That meant a lot," she says.

When life gets heavy, Rachel knows the MSCPC is just a call or text away. "They always make time for me, to listen and encourage me if I am feeling overwhelmed. They care for all of me — not just the mom side of things... There is no shame in reaching out," Rachel assures others. "Help is just a call away and can make all the difference to your future."

OUR IMPACT IN NUMBERS

Client Care

234

We provided client care to a total of 234 individuals.

116

We provided support to 116 adult clients - 111 females and 5 males.

46

We produced 46 videos with helpful hints and devotionals for our clients.

Practical Support Program

12,342

We gave out 12,342 essential items to our clients and families in need.

535

We distributed 535 care packages to our clients and families.

123

We offered our support programs to 123 children in our community.

“MSCPC helped me in difficult times when me and my family really needed a support and then even after that I have been blessed by prayers and assistance during this pandemic situation. Thanks a lot for everything!”

- Practical Support program client

Other Support Programs

564

We had 564 emotional support appointments.

92

We had 92 virtual appointments, allowing us to support in the midst of the pandemic.

28

We had 28 post abortion support appointments.

FINANCIAL HIGHLIGHTS

Our Income

Canada Helps	\$60,543
Church Partnerships & United Way	\$ 9,184
Individual Donations	\$29,363
Campaigns	\$62,540
Grants	\$10,000
Other*	\$ 204
	\$171,834

Comparison 2021 vs. 2020

	2021	2020
Income	\$171,834	\$189,406
Expenditures	\$133,947	\$138,195
Net Income/(deficiency) for the period	\$ 37,887	\$ 51,211

\$12K
Monthly Budget

Your financial support ensures that we don't have to worry about the month's operational expenses. Instead, we can focus on supporting vulnerable women, men and children in our community, ensuring that they can continue to access quality services and programs during their crisis and beyond.

GIVE GIFTS OF HELP, HOPE, AND HEALING

Your financial support enables us to continue to offer programs and services to vulnerable families and individuals in our community. You can make a difference in our community by donating towards the following:

- \$50: Grief Support after pregnancy and/or infant loss
- \$60: Pregnancy Test & Options Support Appointment
- \$100: Care Package
- \$200: Helen Basket
- \$200: Parenting Workshop
- \$250: First Response Workshop
- \$450: Abortion Recovery Care
- \$500: 1 Month of Moms and Tots
- \$500: Staff Training
- \$1,000: 10 Weeks of Prenatal Classes

*Official financial records can be found on our website. "Other" accounts for Canadian Kidney Trust, Gifts-in-Kind, various memorial donations and interest earned.



**CLIENT TESTIMONIAL:
TRANSFORMATIVE GROWTH**

When the MSCPC opened in the early nineties, families didn't have easy access to the amount of information we have at our fingertips today. It was harder for women to find resources and support and we wanted to step into that gap with compassion.

In October 2019, my nurse from the Healthy Baby, Healthy Children Public Health program referred me to the MSCPC. I already knew at the time that I was going to be a single mom, and because I was self-employed, I learned that I wouldn't receive any paid maternity leave. This left me feeling anxious.

When I went to my first appointment at the MSCPC, I was not expecting anything major — but to my surprise — they welcomed me and made me feel so comfortable, and blessed me with so many things for my little one. All I had to buy was a stroller travel system. I couldn't believe that people who didn't even know me at all were ready to help me! I left my first visit feeling confident that we would be ok.

I planned to get back to work six weeks after giving birth but then COVID-19 happened. I felt hopeless and I was so anxious for my son. Somehow, the Centre figured out a way to still help us through the pandemic, and they have been helping me for 18 months now. Every month they make sure to put together a practical care package that helps me TREMENDOUSLY. Along with the practical items, they also really care for our mental and emotional health. I feel extremely supported and know that I can always contact them if something happens.

I am so grateful for everything they are doing for my son and me. I can't wait for the world to be normal again so that I can pay it forward one day. When I think of other moms in a similar situation as me, I would want to assure them that they are great moms and that they are going to be ok. I would tell them to keep praying because God hears and answers prayers.

To everyone that works at the MSCPC, thank you for being you. You have no idea the impact that you have on my life. You guys are angels sent from God. We love you.

BE INVOLVED

You can make a difference in the life of someone who is vulnerable and in need of help, hope and healing.

Financial support is important, but here are other ways that you can partner with us:

- Volunteering Opportunities
- Practical Support
- Moms & Tots Helper*
- Snack Provider
- Client Advocate*
- Front Desk/Office Support

*Additional training is required and will have more responsibilities

Leadership Opportunities

Consider joining our Board of Directors and be part of the leadership team. We are currently looking for people with a heart for pregnancy care ministry and skills that will help advance our mission and vision.

Practical Donations

The MSCPC depends on community donations to keep our shelves stocked so no mama or baby in our community goes without these essential items! We are always in need of:

- Diapers (newborn, sizes 2-6) and Pull-Ups (sizes 2-4)
- Baby wipes
- Baby formula and food
- Infant Tylenol, Advil/Motrin
- Vitamin D drops
- Baby Toiletries: hair/body wash, lotion, baby oil, Vaseline, diaper rash cream, toothbrushes, toothpaste
- New and gently used clothing: newborn-size 3
- Mother toiletries: body wash, deodorant, feminine pads/tampons
- Prenatal vitamins
- Maternity clothing
- Baby equipment

Please contact the office at 905-472-4357 prior to arriving at the Centre. Please do not leave items outside our building.

Financial Support

The MSCPC relies on private donations to meet these unique needs in our community. Your generous support ensures that clients can access both crisis and on-going support services and programs completely free of charge. There are several ways you can partner with us by donating:

- In person or by mail to: MSCPC, 2-6070 Hwy #7 East, Markham, ON, L3P 3A9
- Direct e-transfer to info@mscpc.org
- Online at www.mscpc.org/donate
- Join our team of monthly donors at CanadaHelps.org or through our pre-authorized debit program

Fundraising Opportunities

Help us plan, promote and run our annual fundraisers, or run one of your own for the MSCPC. Contact the Executive Director for more information.

Awareness Opportunities

Our vision is to be known in our community as the place of help, hope and healing where individuals can transition from crisis to thriving. We need your help getting the word out so women facing an unexpected or challenging pregnancy, struggling after an abortion experience, or in need of support in early parenting or after a pregnancy loss know where to turn for assistance.

Follow us on social media and share with individuals in your organization, and/or book us to speak at your next event.

THANK YOU

Without you, nothing we do would be possible. The list below gives a glimpse of our supportive community. From the bottom of our hearts, thank you for your generosity .

Our Church Partners

The Bridge • Central United Church • Cornerstone Christian Community Church • Eastridge Evangelical Missionary Church • Ebenezer United Church • Hillside Evangelical Missionary Church • Hope Bible Church Markham • In2one Community Church • Langstaff Assembly • Markham Baptist Church • Markham Chinese Presbyterian Church • Milliken Wesleyan Methodist Church • Rouge Valley Mennonite Church • Springvale Church • St. Andrew's United Church • Unionville Alliance Church

Our Community & Business Partners

Grants:

- Alectra
- Apotex

Local Business Partners:

- Willowgrove Farm
- Visconti's No Frills

Other Groups:

- Markham Guild of Village Crafts
- Rotary Club of Markham Sunrise
- Casting Off the Cold
- Willowool Foundation
- The Coffey Family Foundation

ABOUT US

Our Mission

To show the love of Jesus through education and support to all individuals facing an unexpected or challenging pregnancy, and for those struggling in early parenting or emotionally following reproductive loss, abortion and adoption.

Our Vision

To be known in our community as the place of help, hope and healing where individuals can transition from crisis to thriving.

Our Values

We are a life-affirming and pro-grace organization. We believe that every individual is uniquely created and has value from conception until death. We also respect that others may feel differently and will make their own choices for their journey. We provide loving, factual, practical, and ongoing support regardless of the pregnancy outcome for as long as needed.

help · hope · healing