



A Message from our, CEO



cham·pi·on

a person who fights or argues for a cause or on behalf of someone else

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy. Proverbs 31:8-9

As I reflect on 2018, I applaud the champions of the Regeneration story. I am so thankful for the ongoing support of the Region of Peel, churches, business, schools, social clubs and individuals who financially provide and the numerous agencies who support the work of Regeneration. I am indebted to the hundreds of volunteers who give us the gift of time through numerous acts of service. I am appreciative of our staff who sacrificially serve in fulfilling the mission of Regeneration. I am grateful for our Board of Directors who keep us focused on our stated purpose. Without these people we could not warmly welcome and serve with love an amazing group of people that we call our guests. You are all champions.

I am daily reminded our stated purpose, "Regeneration is a caring community that continually strives to provide dignity for those in need, as an expression of Christian love in action."

The care that we provided to those in need in 2018 was able to grow. We were able to hire a housing worker that has advocated for our guests and was able to assist 11 people with securing and keeping housing. We were also able to hire a chaplain who has been able to bring further spiritual support to our guests.

With your support we have been able to increase our advocacy work for our guests at the hospital and with medical professionals, at the shelter and in the community to make sure that they are getting the best care possible.

We are also excited with the expansion of our in-house medical room as we now have chiropractors, nurses and nurse practitioner caring for our guests holistically. We have also been able to rescue over 200,000 pounds of food with your assistance. This food is used in our kitchen and is also shared with many other charities as they serve the poor with prepared meals and food distribution.

Thank you for your investment and I hope that you enjoy reading this report. It truly has been an exciting year and I look forward with great anticipation to 2019.

Gratefully,

A handwritten signature in black ink that reads "Ted".

Ted Brown
CEO, Regeneration Outreach Community

“ I want to say thank you to you all for everything you have helped me with. I have never felt like I have been accepted or belonged more than I have with all of you. - (Regen Guest) ”



Medical Room

As we strive to provide for our guests in a practical way, we wanted to help meet their medical needs as well. People who are living in poverty are at an increased risk for many health conditions, and have less access to care. In 2018, we launched our partnership with Peel Outreach, and a community Nurse Practitioner to support to our guests. This clinic acts as the primary care provider for 13 of our guests so far, and the number will continue to grow! It offers barrier free care with dignity and respect for the needs of our guests.

We have created a space at Regen that is our Medical Room that will be appropriate for proper examinations, and check-ups. It is also a place where our volunteer Chiropractors are able to see our guests weekly.

As we continue to develop, we are hoping to provide a lot more services out of this space, and through this program! - Jenna



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Guest Involvement



Each day at Regeneration is a new opportunity for guests to engage with us in life-giving programs. As a staff we have noticed so many of our guests enjoying each other's company and growing together by participating in productive activities like our community garden, our popular art program, and even lending their skills in helping with improving our program space by painting our rooms!

We have seen many of our guests giving back by volunteering in our kitchen- washing dishes, preparing meals, and serving coffee and juice. This involvement has played a significant part in the recovery of one of our guests who remarked about her time serving in the kitchen: "I love it... I think it's a great way to give back. When you're getting clean you have to involve yourself in things. If I'm not keeping busy I get thoughts in my head, so that's why I come in to Regen every morning. I need something to fill that void. - Dan



Mel's Story



Mel grew up in Malton in a loving home with her parents and sister. Mel's parents were hard working people, but were very strict in hopes of keeping her out of trouble. At this time, Mel pushed back and started to rebel. She ran away from home off and on, and ended up being kidnapped and sexually assaulted at the age 12. After being held against her will in a home with other young girls who had also been victims of human trafficking, she escaped and found her way back home. This was the beginning of her long struggle.

“

I continued my destructive pattern because I did not know my worth or potential and having feelings of guilt, shame and inadequacy. Before Teen Challenge, my life was out of control, unmanageable, sad and disappointing. Selling myself for drugs was not fulfilling, but it became all I knew. I hit my rock bottom when I felt like killing myself because I couldn't stop using. I felt that my mother should have never had me. I was a disgrace to my family and especially my children. - Mel

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“After being sexually assaulted, I lost all value I had in myself.” Mel, already on the path of rebellion and low self-esteem, started stealing and finding herself in trouble with the law. At 16, she was pregnant for the first time and in an abusive relationship. During this time, Mel started to recreationally use alcohol and drugs and remained active in the sex industry. After spending some time in jail, she went back to abusing drugs and selling herself to keep up with her habit-which had become even worse than before. After having her 5th child, and unable to care for any of her other children, Mel spiraled into a deep depression as she could no longer get over the shame of choosing drugs over her children. This deep depression brought Mel to a place of just wanting to give up on life.

Mel started coming to Regeneration, and our staff began to foster a relationship with her. She surrounded herself with other agencies and supports as well, that encouraged her and helped support her through her many trials. She wanted to change her lifestyle, but remained proud of it, sometimes even flaunting it to staff. But even though she felt she had made so many mistakes, she knew that Regen was a place she could go, where she would be loved and accepted. Mel would come in to Regen (when programs were over) just to see if she could get some chocolate and a hug from staff.

She had mentioned wanting to go to a rehab program after multiple attempts at trying to become sober in the community. And after a few close friends passed away, she knew if she didn't commit to sober living, she would be the next one to go.

On July 16th, 2018, Mel entered into a year long program at Teen Challenge. Here she has started her journey to understand and know the truth, and is well on her way to recovery and rehabilitation.



The Truck

As Regeneration continues to grow as an organization, we are receiving more food donations as we partner with various corporations to help stop food waste in Brampton and the surrounding area.

For our procurement coordinator, Bruce, this looks like a day full of picking up donations and dropping them off to our kitchen at Regen, our warehouse or at our partnering charities. Currently, a cargo van is used to complete these donation pick ups and drop offs. This means that two pallets can fit on the van and a third can be hand bombed and packed in the surrounding space. This has brought us to the reality that a better solution was needed.

Regeneration was able to raise over \$50,000 in 2018, to invest in a larger, refrigerated, delivery truck. We hope to have this truck on the road in the spring of 2019. - Abby



Housing for Bruce

Bruce was staying in the men's shelter when he came and asked me for assistance with finding housing. He left his prior residence due to negligent landlords who often left the house without water or electricity. Beyond having to fight the stigma of being on government assistance, Bruce is deaf which made it more difficult for him to find housing by himself. Bruce and I began to work earnestly to find a place for him. We received a response from a landlord who was renting a bachelor apartment for \$750. Considering many rooms in shared accommodations are being rented for over \$600, this was an amazing price!

The landlord was very kind but hesitant at first to rent to Bruce. I advocated strongly as to Bruce's character, as I have known him for three years. Despite many other housing applications he chose Bruce as the tenant. The landlord has contacted me twice regarding other rentals and has given us first priority to fill the apartments. - Natasha

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**Statement of Operations and Changes in Net Assets
Year Ended December 31, 2018**

REVENUES

Donations and fundraising	\$ 473,610
Grants:	
Region of Peel	380,856
Foundations	35,000
Federal	-
Ontario Trillium Foundation	-
Interest	9,971
Amortization of deferred capital contributions	3,123
	\$ 902,560

EXPENSES

Salaries and benefits	532,552
Project and program	228,171
Occupancy	89,068
Amortization of capital assets	59,426
Technology costs	15,898
General and administrative	12,287
Professional fees	11,121
Insurance	9,625
Travel	8,847
Telephone	7,358
Bank charges	2,592
Loss on disposal of capital assets	-
	\$ 976,945

DEFICIENCY OF REVENUES OVER EXPENSES	(74,385)
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NET ASSETS - BEGINNING OF YEAR	252,695
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NET ASSETS - END OF YEAR	\$ 178,310
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Volunteering at Regen

We first heard about Regeneration a few years ago from Peel Regional Police. The officers in downtown Brampton were dealing with similar issues and people as the guards. They were trying to improve their relationships with many of the persons who attended Regeneration and had mentioned that they were noticing a positive impact since they had started attending Regeneration regularly. I later met Pastor Ted at a meeting regarding complaints in Downtown Brampton where he invited me to visit Regeneration with the security guards. I did not visit at that time, but the seed was planted.

I reached out to Regeneration last year for a few reasons. In 2018, our department had made community engagement a priority. The hope was that the guards would become more involved in community events, at the same time promoting our team and the services we offer. I also noted that the guards were also increasingly getting into physical altercations when responding to calls for assistance in downtown Brampton. I wanted to mimic the success Peel Regional Police had seen previously and felt that having the guards volunteer at Regeneration would be a good way to do so. My hopes was that the guards and downtown regulars would get to know each other on a first name basis, while fostering mutual respect and understanding for each other. Besides our desire to be socially responsible and have a positive impact on the lives of those we serve, having a good rapport with the public assists the guards to de-escalate potentially volatile situations before they become unmanageable.

This has become a meaningful experience for our team and has achieved the outcomes we were hoping for when planning to be more involved in the community. We look forward to continuing our work with Regeneration.

- Gregory Cox, Supervisor for Security Operations, Brampton Community Services



57,415
MEALS SERVED



172,245
CUPS OF
COFFEE SERVED



200,109 pounds
FOOD RECOVERY



\$27,750.00
IN CHIROPRACTIC
CARE DONATED



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