

# ANNUAL REPORT 2021



Pregnancy & Infant Loss Support Centre  
#301, 1725 10 Avenue SW,  
Calgary, AB T3C 0K1

[pilsc.org](http://pilsc.org)

As I take this moment of solace and quiet to reflect, my heart is overwhelmed with the support we have received, offered and created over this last year.

For a small grassroots organization, support from donors, sponsors, stakeholders, community members, and partnered organizations is imperative. In 2021 we really saw this support rally around us and it has been overwhelming.

The support that we received in the way of funding, grants and partnerships allowed us to strengthen the support we offer the community in a few of the following ways:

- we received our first multi-year funding from the **City of Calgary** for our Mental Health Program. This funding allowed us to hire more mental health practitioners and serve more clients.
- we were able to expand our team from 5 paid staff in 2020, to 10 paid staff in 2021. To be in the position that we could hire paid staff during a global pandemic was a privilege and we can't do this work without our team!
- with the support from the **Tiny Footprints Gala** we were able to enhance our volunteer program.
- with the help of the **Lionhearts Golf Tournament** we enhanced our support offerings to partners. We also partnered with the **Kensington Clinic** to create a post-abortion group and the **Punjabi Community Health Services** to offer a South Asian Pregnancy/Infant Loss Group.

We know that no one can do this work in solace and at the heart of who PILSC is, we are about community. This past year it has been an honour to see the support that we have received so that we can continue to support bereaved individuals and families through their journeys of loss and grief.

We look forward to deepening our connections in 2022!

*Aditi Loveridge*

Aditi Loveridge  
Founder/CEO

# Year in Review

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Mental Health

**675**

Coaching & Counseling Sessions  
Facilitated

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Peer Support Groups

**1281**

Clients Attended

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Helpline

**597**

Unique Conversations

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Clients Interactions

**2159**

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Community Engagement

**595**

Unique Contacts

# Client Demographics



**97.5%** identify as female

**16.1%** identify within a diverse racial/ethnic group

**11%** identify within the 2SLGBTQIA+ communities

# 2021 Highlight

A key mandate of PILSC is to create programming that is reflective of the diversity within the loss community.

In 2021 we were proud to see these groups expand:

## **South Asian Loss Group:**

In partnership with the the Punjabi Community Health Services, this group created a space for important dialogue in Hindi/Urdu and Punjabi. The response was overwhelming, highlighting the need for the group.

## **2SLGBTQIA+:**

This group has been growing in providing support for those navigating parenting and loss journeys and who identify within the 2SLGBTQIA+ communities

## **Termination For Medical Reasons (TFMR):**

Due to the non-judgmental space created, attendance numbers continue to grow



# 2021 Highlight



## **Post Abortion:**

In partnership with the the Kensington Clinic, this group creates an affirming, trauma-informed, and non-judgmental space that supports all choices.

## **Male-Identifying:**

Thanks to the LionHearts Golf Tournament, we were able to allocate funds to support Men and Male-identifying partners in their unique journey through loss

# Support & Empower

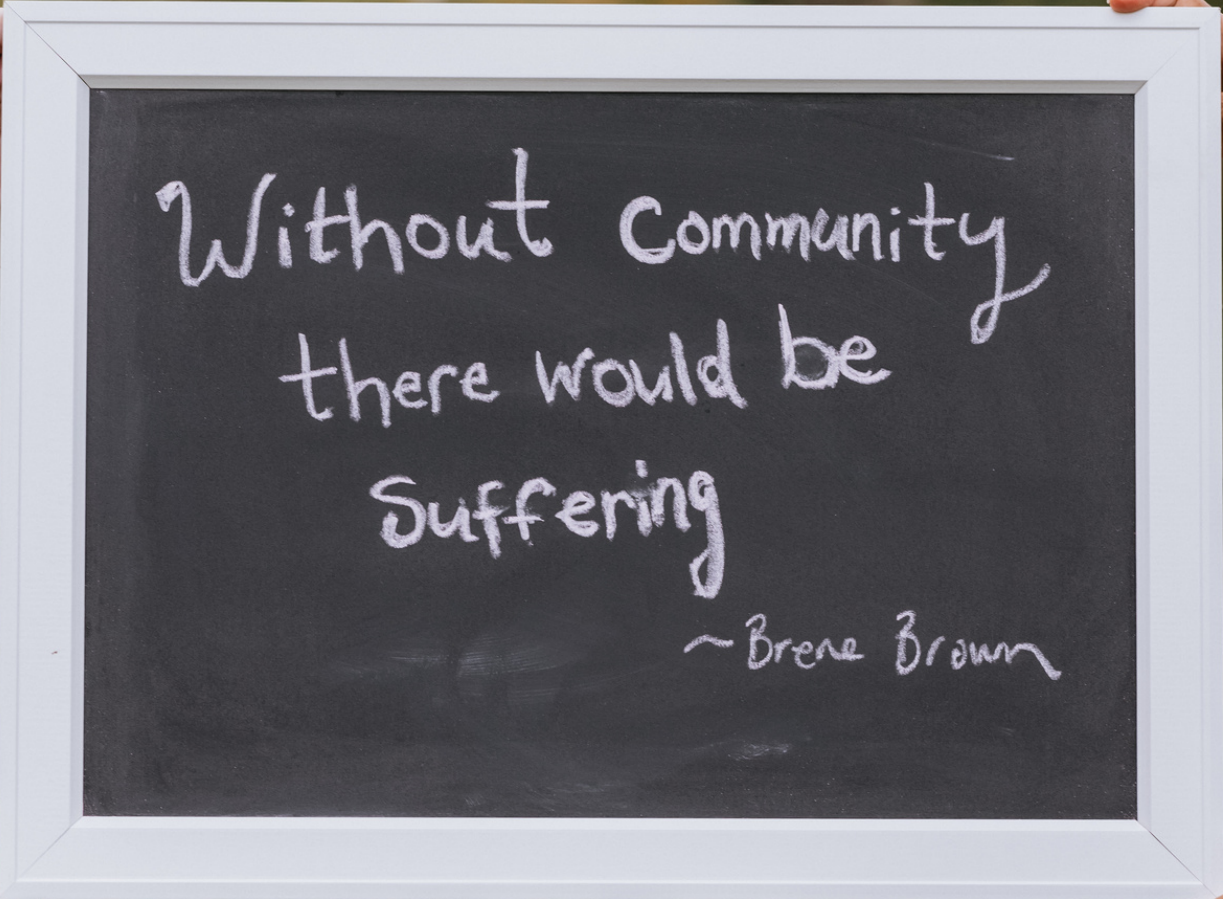
*"I'm so beyond grateful to have met such an amazing group of people that I can feel safe with"*



*"Being part of this group truly helped me heal. It gave me the chance to both share and understand what I was feeling (and express feelings I was trying to avoid ). It helped me feel normal, and gave me hope that I'm not alone in this experience."*

# Support & Empower

*"She (Mental Health Practitioner" helped immensely. It brings me tears just for how grateful I am for her and the works she does. She is saving lives"*

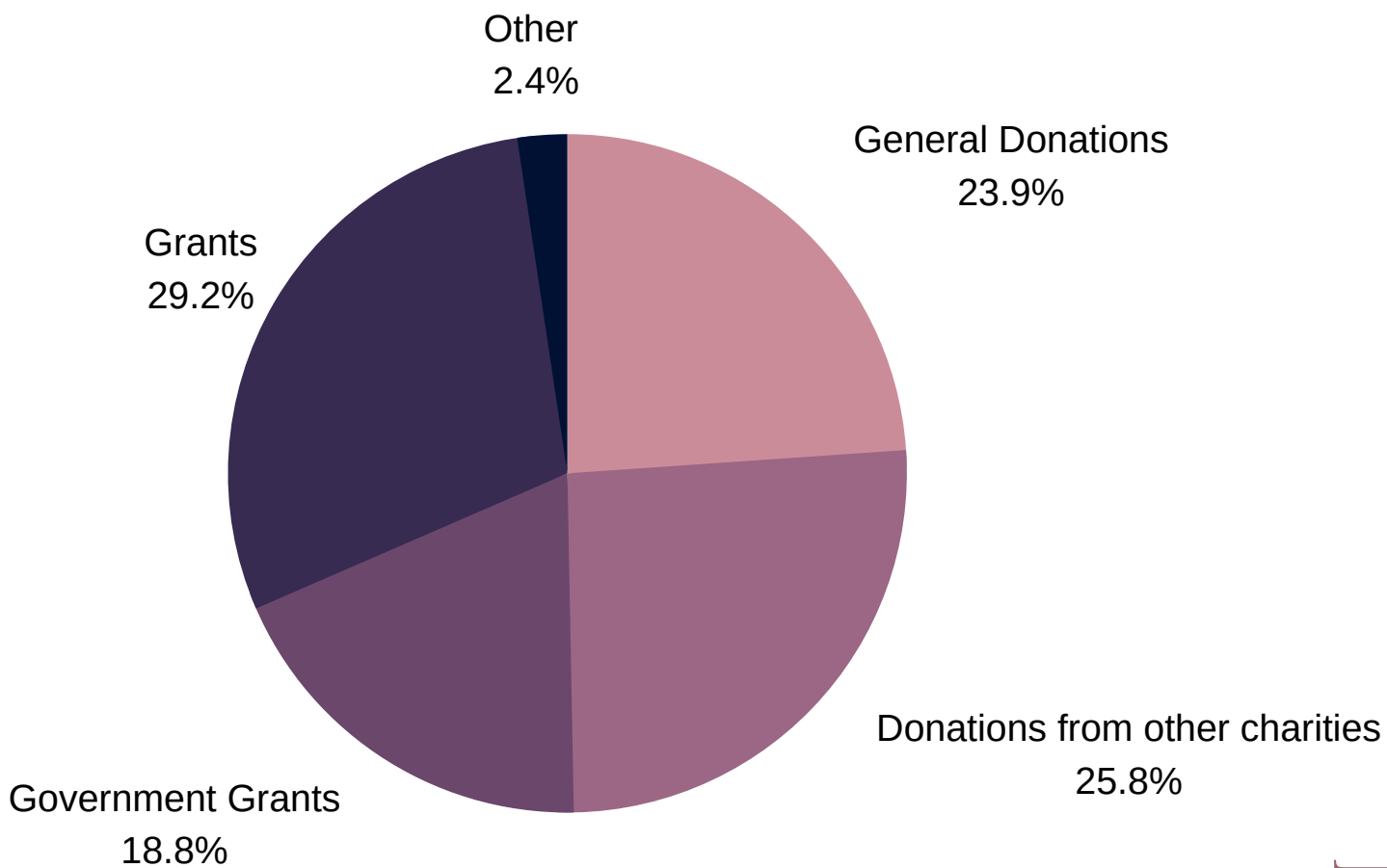


Without Community  
there would be  
Suffering  
~Brene Brown

*"I don't think I would honestly be here without the support of the Centre"*



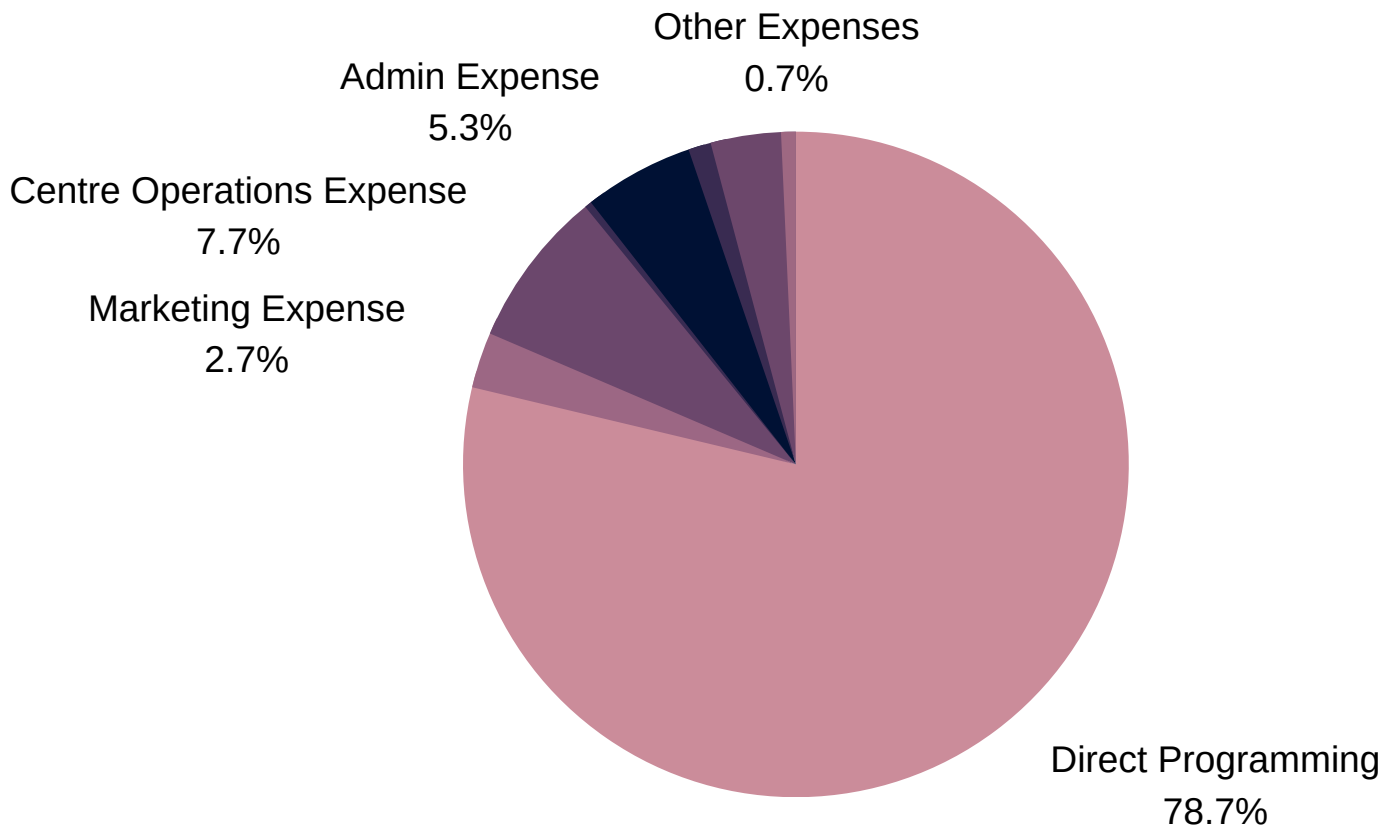
REVENUE 2021



General Donations	\$132,3845
Donations from other charities	\$142,850
Government Grants	\$103,994
Grants	\$161,459
Other Income	\$13,110

**TOTAL** **\$553,797**

# EXPENSES 2021



Direct Programming	\$345,010
Marketing Expense	\$11,872
Centre Operation Expense	\$33,554
Insurance Expense	\$1,506
Administrative Expense	\$23,377
Training and Development	\$4,823
Fundraising Expense	\$14,960
Other	\$4,130

**TOTAL** **\$439, 234**

# 2021 Board of Directors



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Director

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Director

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Director

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Director

\* Term ended August, 2021

# Thank You to Our Sponsors



And to every one of our donors, partners, volunteers, clients, stakeholders, team members...we couldn't do this work without you. Thank you for your trust and support.