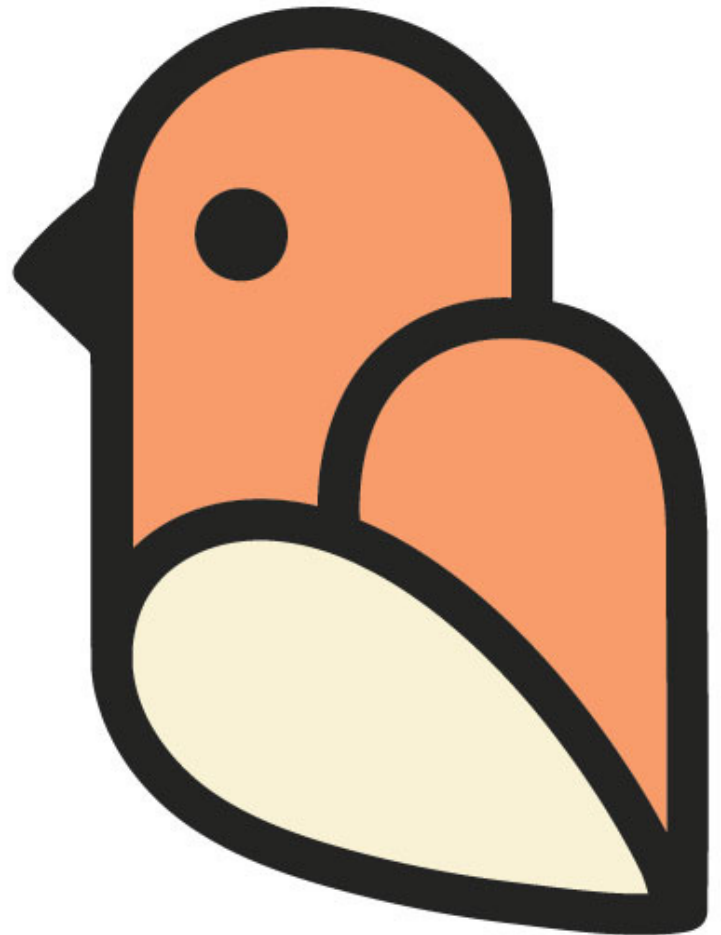
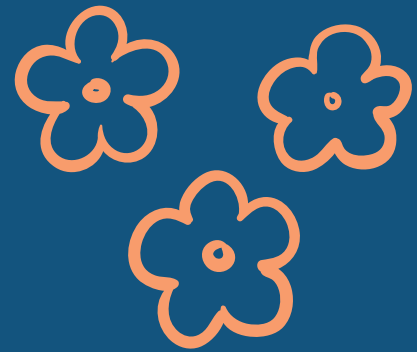


HEART LINKED

Annual General Report

Prepared By:
Heart Linked
Community Services
Co-Operative





The Year in Review

Although our Co-operative's fiscal year runs from Feb. 1 - January 31st annually, we wanted to provide a more current snapshot of our work and encompass the 2021 - 2022 School year.

This was a momentous year for our HL family as we introduced our blended programming for the first time. We combined the on-line programming developed during Covid with our traditional in-person retreat experience. The combination was magic. We were able to develop relationships with communities virtually and then deliver a more enhanced in person retreat. To encapsulate the results in one word: profound.

A large part of our success is tied to the efforts of Sonal Kavia, our Educational Director, and Violet Duncan, our Indigenous...Goddess (She's hard to define). Collectively, this dynamic duo hosted our 6 week virtual camps and also created our first documented curriculum in our Journey Journal.

We were thrilled to connect with a total of 4 communities this year. The community of Pinehouse, as well as the community cluster of Green Lake, Jan's Bay and Cole Bay. As we look toward the future, our intention is to become a continuous offering for our partner communities, and grow by weaving a new community into our fold each year. This year, we will invite La Ronge to connect with us.

Our Team



Our work continues to be collaborative, seeking guidance from leaders in our partner communities, advice from our Northern Advisory Committee, and employing the expertise of our Co-founders, Board, and team members.

In addition to Sonal and Violet's tremendous work in the virtual programming, our team worked collectively to deliver deeply impactful in person retreat experiences. Behind the scenes we secured funding to get the job done, developed community sponsorship relationships, and engaged with professionals to bring their insights and gifts to our girls.

This year, our organization achieved a milestone by hiring our first part-time employee. We are thrilled to welcome Tawnee Kelly to our family. Tawnee currently works as an EA for the Saskatoon Public School Division specifically in the highest needs setting. Through the "Re-skill Saskatchewan Grant" we were able to secure social media marketing training for Tawnee. In addition to handling social media, she will provide administrative and other supports for our programming. Her own lived experiences bring important insights to the demographic we serve.

We are also thrilled to have partnered with Nahanni Olson. Nahanni is an educator, advocate and coordinator of a new University of Saskatchewan mentorship called call BIRM. It stands for Building Intercultural Resilience Mentorship program and pairs high school Indigenous students with university students. She will primarily serve as our cultural advisor, but also guide us in developing our future mentorship program.

Collectively, our small but mighty team continues to provide HL with the commitment, opportunities and support we need to achieve meaningful, lasting growth and impact.





Our Program Goals

As we look towards the upcoming 2022 - 2023 school year, we see a growing demand for our programming, but also the need to have long term, on-going connections with our existing partner communities.

- **We want to continue to service Pine House and the community cluster of Green Lake, Jan's Bay and Cole Bay.**
- **We want to enlarge our community network and work with the community of La Ronge.**
- **We will refine and grow our journal offering and develop curriculum connections . The development of this programming tool could be then be a package we can offer schools to facilitate themselves.**
- **Our primary goal for growth is to develop a mechanism to continue the relationships we build with participants during the retreat. We want to provide an ongoing network of support and belonging as they grow and then develop into HL mentors in their own communities. Grant funding is being pursued to develop this important extension of our current programming.**



THANK YOU



We continue to be blessed by the generosity of our community, and success in our pursuit of grants to support this important work. Our hearts are linked and full of gratitude for the resources we secured over the past year. We look forward to building long term relationships with our funders to ensure this this work continues into the future.

The Co-operators - Co-operative Development Program

Cameco - Fund for Mental Health

Conexus Credit Union

Western Business Machines

Kavia Autobody

Lead Saskatoon

The Well Collaborative

7 Shifts

Marty Edwards Realty

HOW WE GROW...

Community Partnerships

Looking ahead, our goal as a co-operative is to continue to build relationships with businesses and organizations who want to give back to their community and see the value in our work.

We will be seeking long term funding and support commitments to ensure that we can continue to provide our base programming every year and not be totally reliant on grants and other unpredictable sources of revenue. To date, WBM, Kavia Autobody and Conexus have expressed interest in multi-year support.

We invite suggestions of other organizations that may be aligned with our mission and vision.



Share the Experience

As a co-operative, we believe in the collective experience.

In addition to seeking support from businesses and organizations, we also want to bring awareness to our work and offer the retreat experience to women who can help amplify our cause.

We want to provide an annual retreat experience to give women an opportunity to share in the magic of self discovery that we offer to our youth. We will provide cultural appreciation, embodiment techniques, tools for stress and anxiety management, all with the common thread of learning to tell our story... and encouraging others to tell the story of Heart Linked.

Fees from this program will help support Heart Linked and give insights into why this program is so deeply needed.

Last, but not least, we want our supporters to have the opportunity to "roll up their sleeves". Watch for community collaboration events to leverage volunteer love!

OUR FINANCIALS

Heart Linked Community Services Co-operative Profit & Loss

Accrual Basis

February 2021 through January 2022

	Feb '21 - Jan 22
Ordinary Income/Expense	
Income	
Direct Public Support	
Corporate Contributions	37,300.00
Total Direct Public Support	37,300.00
Grant Income	5,000.00
Other Types of Income	0.00
Product Sales	130.00
Program Income	
Membership Dues	1,087.98
Total Program Income	1,087.98
Total Income	43,517.98
Expense	
Advertising, Marketing & Promo	13,745.38
Bank Fees and Interest	6.00
Contract Services	
Outside Contract Services	23,983.88
Total Contract Services	23,983.88
Cost of Good Sold	73.98
Memberships, dues and fees	1,157.00
Operations	
Books, Subscriptions, Reference	86.90
Postage, Mailing Service	194.96
Printing and Copying	224.55
Supplies	1,288.12
Total Operations	1,794.53
PayPal transaction fees	51.12
Programming Expenses	
Virtual Program	446.79
Total Programming Expenses	446.79
Total Expense	41,258.68
Net Ordinary Income	2,259.30
Net Income	2,259.30

OUR FINANCIALS

Heart Linked Community Services Co-operative Balance Sheet

Accrual Basis

As of 31 January 2022

	31 Jan 22
ASSETS	
Current Assets	
Chequing/Savings	
Affinity Credit Union	42,167.23
Total Chequing/Savings	42,167.23
Accounts Receivable	
Grants Receivable	5,000.00
Total Accounts Receivable	5,000.00
Other Current Assets	
Inv. - Apron	381.60
Inv. - Drawstring Bag	603.94
Inv. - Journals	1,026.87
Inv. - T-shirts - Fitted bird	630.92
Inv. - T-shirts - Unisex	834.75
Supplies Inventory	0.01
Total Other Current Assets	3,478.09
Total Current Assets	50,645.32
TOTAL ASSETS	50,645.32
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
Collabria MC - joint	308.61
Total Credit Cards	308.61
Other Current Liabilities	
GST/HST Payable	-948.76
PST Payable (SK)	-12.00
Total Other Current Liabilities	-960.76
Total Current Liabilities	-652.15
Total Liabilities	-652.15
Equity	
Unrestricted Net Assets	49,038.17
Net Income	2,259.30
Total Equity	51,297.47
TOTAL LIABILITIES & EQUITY	50,645.32