

ATTACHMENT NETWORK OF MANITOBA

ANNUAL REPORT

2021

Chairperson's Report

I'm sure there are people all over the world sitting down to write annual reports who are sitting at their computers thinking "Wow, what a weird year, where do I start?" So at the risk of stating the obvious...wow, what a weird year. We are now over a year into the pandemic, and this will be the second Annual General Meeting that we hold via Zoom. I remember last year our board wondering if we were within the terms of our constitution if we did not hold a live meeting – we ultimately decided we were – but that seems so long ago to me now, after a year of almost exclusively holding meetings virtually. How quickly we humans adapt!

The pandemic obviously affected our organization in a variety of ways, as it did almost every other not-for-profit. Despite the pandemic restrictions however, we did manage to continue to function, and to further our mission and vision. We had to get creative in the process, and really begin to think "inside" the box – the boxes being our various electronic devices! We increased our profile on our social media platforms, moved our General Meetings onto Zoom, and embarked on our first-ever podcast series. When pandemic restrictions permitted, we held a contest for families to win a free photo shoot, and with their permission then used those photos on social media to illustrate attachment-related concepts. While pandemic restrictions permitted, we continued to offer our "Attachment 101" workshops free to community groups, but when the restrictions tightened up, we provided this service virtually.

We like to look for silver linings around here, and the pandemic has had a few. When we took our General Meetings online, we were thrilled to welcome participants from across Canada and the United States! This allowed for an exchange of ideas that would not have taken place otherwise, and also allowed parents of young children to participate without having to worry about child care. We are considering using this format for future General Meetings. Look for us to begin expanding these General Meetings into more frequent "lunch and learn" sessions with various presenters from all over the continent in the coming year.

The onset of the pandemic forced us to reschedule our *'Reframing Addictions – the Crisis of Disconnection'* conference with Johann Hari to the spring of this year, and continued restrictions forced us eventually to make the decision to formally cancel that initiative. This was disappointing, as we know how desperate the addiction crisis is here in our community. In response, we decided to approach the members of our community who were to be part of a panel discussion as part of that conference, and ask if they would join us in moving that important conversation to a podcast format. Dedicated troupers that they are, they all agreed, and we are pleased to be launching this podcast series this month. Many thanks to our podcast committee – Katie McDonald, Carmella Birori and Viola Plett – for all the hard work that went into this initiative!

Over the past year, the Network was also able to continue our practice of sponsoring individuals to attend training relevant to work in the field of attachment. Look for details regarding this initiative elsewhere in the annual report.

As most of you know, the Network has created a series of brochures on parenting over the past few years. These are still available to order or download on our website, however due to the pandemic most organizations are not permitted to distribute paper products. We invite you to share links to these resources as an alternative. Over the past year, we also launched three new brochures, one for parents of children with FASD, one for separated parents in a co-parenting situation, and one for those who have a loved one struggling with addiction. Please check these out online and share the links with anyone you know who might benefit.

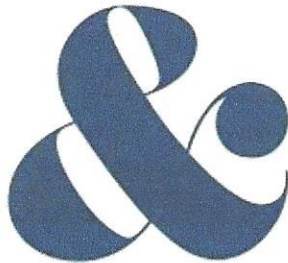
Somewhere down the road, the pandemic will be behind us. Our hope is that one of the silver linings is an increased understanding and appreciation within our society of the crucial importance of connection and relationship to our mental health and wellness. To further this, one of our virtual initiatives this year was a blog series, which is still ongoing. The theme of the series is the idea of attachment on a larger stage, and was motivated by our concern for the

current state of the world and a desire to put something out there that might inspire. The blog pieces look at relationship and connection in societal contexts such as the workplace, friendships, addictions, schools, and even sports. Check them out on our website.

No yearly summation would be complete without a shout-out to our wonderful board members. This is as brilliant and principled a group of people as you could hope to find anywhere – I am so grateful for the opportunity to learn from each and every one of them. Thanks to you all! And perhaps it's fitting that an organization devoted to attachment keeps saying hello and goodbye to board members because of babies! In the coming year we will be wishing Carmella Birori a happy maternity leave, and welcoming Sayma Malik back from hers! Thanks for your work on the board Carmella, we hope to see you back next year, and Sayma – so glad to have you back!

Stay safe and stay tuned!

Leslie Johnston and Joanne Brown
Co-Chairpersons



Sales Summary – submitted by Camillia Layne

<u>Product</u>	<u>Quantity</u>	<u>Total</u>
DVD Box Set	1	\$69.95
10 Things Toddler Bundle 20	3	\$24.00
10 Things School Age Bundle 20	3	\$24.00
10 Things Baby Bundle 50	3	\$48.00
Shipping		\$46.20
Total		\$212.15

Conference Report 2021

Our conference, Reframing Addiction: The Crisis of Disconnection originally scheduled for May 13/21 was cancelled due to the Coronavirus pandemic. This was a difficult but necessary decision after many months of uncertainty and an inability to plan due to the pandemic. The conference had been scheduled to take place at the Winnipeg Art Gallery and was to feature renowned author Johann Hari, whose books, "Lost Connections" and "Chasing the Scream" focus on mental health; specifically depression and addiction and their root causes of disconnection and trauma. Our network was excited to expand our concept and understanding of attachment and the challenges of addiction. As with previous conferences, our plan was to showcase local resources as well as host a panel of local mental health/addiction clinicians and activists with both professional and lived experience. It is always a goal of the Attachment Network conferences to offer a glimpse of our landscape here in Manitoba. We encountered challenges with the agency that represented Johann Hari once the conference was canceled. It was our first experience of using an Intellectual Talent Agency to secure a speaker and having our money refunded in the midst of a world pandemic required legal services after our calls and emails went unanswered. We were fortunate to have the services of both a local law firm and lawyer "friend" of our board recognize our status as a non-profit and provide their services at a low cost. In the end, and after much negotiation and many months, our deposit was fully refunded. In an effort to continue the work of attachment and addiction the Network is pleased to offer a series of podcasts with some of the local folks who had agreed to serve on our panel. Like so many things in the course of this difficult pandemic, the Attachment Network learned how to "pivot" in this case, from conference to podcast. Planning for our next conference will take patience and time. We look forward to a time when we can safely learn together and once again be inspired.

Respectfully submitted,
Lisa Dveris

Podcast Committee Report by Viola Plett

As we realized we could not proceed with our Conference, we decided we could not let the opportunity pass to showcase the wonderful work being done locally in the addiction field and so we asked the 5 people who were going to sit on a panel discussion at our Conference to instead, be interviewed by Michael Redhead Champagne for a podcast.

This is the first of what will be many podcasts on attachment topics, but we do wish to thank Marion Cooper of the Canadian Mental Health Association, Marion Willis of St Boniface Street Links and Morberg House, Tim Fletcher of RE:ACT, Eldon Dueck who works with youth, and Darcy Belanger, a man with lived experience in addictions. The podcasts are now up on our website and our YouTube channel.

Social Media & Website Report – May 2021 – Kathleen McDonald

Social media: We are on three social media platforms; Facebook, Instagram and Twitter. We use these social media platforms to share information on attachment throughout the lifespan, our events and initiatives, advocacy campaigns we support and community events that align with the Networks' attachment perspective. If you would like to have an event, resources or information posted on our social media, please contact admin@attachmentnetwork.ca

Facebook: We currently have 1485 followers.

Instagram: We currently have 566 followers. Find us @Attachmentnetwork

Twitter: We currently have 135 followers. Find us @AttachmentMB

Website: Over the last year we have worked really hard to update our website! There have been a few glitches along the way, but the website is updated!! We have an excellent resource section. In early 2021 we released our first blog series. We are releasing our first Podcast on May 13th, 2021! If you would like to contribute to any of these initiatives please contact admin@attachmentnetwork.ca

Eblasts: Our newsletters are emailed out on a quarterly basis. These newsletters provide updates on what the network is up to, resources and information regarding attachment. If you would like to receive an eblast please join our mailing list through our website: attachmentnetwork.ca

Sponsorship Initiative

Last summer, the Network sponsored four individuals from a variety of fields to participate in the online version of the Circle of Security Parenting Program Facilitator training. The condition of sponsorship was that these individuals deliver two COSP groups in their respective fields prior to the end of 2021. Although the pandemic has made this requirement more challenging, some of these individuals have managed to begin delivering their groups. Here are some of their comments:

It is such a privilege to share the Circle of Security with families committed to meeting the needs of children for healthy secure attachments. Since completing the online training, I cofacilitated a COSR (Reunification) group with parents focused on family reunification with their children in the fall of 2020. Currently, I am coordinating a plan to cofacilitate, via the Teams platform, a COS-FCP (Foster Care Provider) group that will begin in the next few weeks. I am thrilled to be continuing the work of helping parents and caregivers view their personal reflections and experiences through the lens of Circle of Security, and applying this knowledge within their relationships.

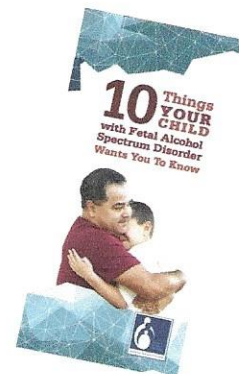
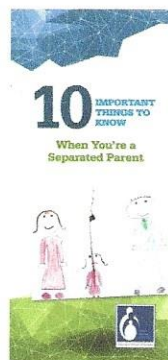
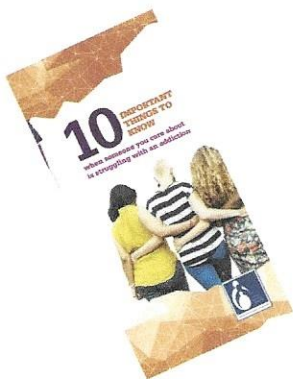
I will be hosting a COSP group of 5 (and counting) participants in June/July, and another group in September/October that currently has 3 participants that I'm working on growing. The last Attachment Network Meeting we had sparked some ideas for future groups that are a little outside of the box. I'm going to flesh them out a little bit more and then run them by (the network) to get your input!

Public Awareness Committee

Over the past year, the efforts of this committee have been hampered by the COVID-19 restrictions. Our ability to distribute our various brochures – whether selling them or giving them away to community organizations – has been severely limited by the fact that most organizations have stopped giving out printed material. Nevertheless, the work that was in progress when the pandemic began continued to fruition, in the form of three new brochures! Like the parenting series, these are also available for purchase or download on our website. Once we had completed the “10 Things” parenting series, we decided to turn our attention to other important issues that we felt were attachment-related. We identified parents of children with FASD, individuals who are separated and find themselves in a co-parenting situation, and individuals who have a loved one struggling with addiction as groups who could benefit from some support and guidance with an attachment lens. Although there is not a great demand presently for paper copies of these brochures, we encourage you to check them out on our website, and share the link to them with anyone you know for whom you feel they would be helpful.

Recently, the Public Awareness Committee merged with our existing Social Media Committee, with the realization that much of the public awareness we do these days actually takes place on virtual platforms. As is the case with everyone these days, we now hold our meetings virtually. We are looking forward to the great ideas that will arise from the merger of these two productive committees!

Many thanks to committee members Laurie McPherson, Michelle Kowalchuk, Cathy Seitz, Amber Kulczycki, Leslie Johnston and Joanne Brown. We also wish to thank the FASD program at New Directions for providing the content for the FASD brochure.



THE ATTACHMENT NETWORK OF MANITOBA INC.

Financial Statements

Year Ended March 31, 2021

Michelle's Bookkeeping Services

37 Hogue Road
Ile Des Chenes, MB
R0A 0T3
Tel : (204) 223-7580
Tel : (204) 272-3331

May 14, 2021

NOTICE TO READER

These statements have been compiled by me from information provided by management, without audit or review or other attempts to verify accuracy or completeness of such information. Readers are cautioned that these statements may not be appropriate for their purposes.

A handwritten signature in black ink, appearing to read "M. Trudeau".

Michelle Trudeau

THE ATTACHMENT NETWORK OF MANITOBA INC.

STATEMENT OF FINANCIAL POSITION

Year Ended March 31, 2021

	2021
ASSETS	
Current Assets	
Cash	\$ 27,909
Other Receivables	8,734
Prepaid Expenses	<u>1,181</u>
	\$ <u>37,824</u>
LIABILITIES	
Current liabilities	
Accounts payable and accrued liabilities	\$ 397
SURPLUS	
Surplus	<u>37,427</u>
	\$ <u>37,824</u>

APPROVED BY THE BOARD:

DIRECTOR

DIRECTOR

THE ATTACHMENT NETWORK OF MANITOBA INC.
STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS
Year Ended March 31, 2021

	2021
INCOME:	
Brochures	96
Book Sales	20
DVD	70
Donations	150
Interest	22
	<u> </u>
Total Income	358
EXPENSES	
Accounting	376
Advertising & Promotions	1515
Administrative Fees (Paypal) & Bank fees	2
COS Training Expenses	5654
Meeting Expenses	119
Office Supplies	98
Printing and Reproduction	1,406
Professional Fees	119
Website Expenses	3,105
	<u> </u>
Total Expenses	12,394
NET INCOME	(12,036)
 RETAINED EARNINGS - BEGINNING OF YEAR	 <u>49,463</u>
RETAINED EARNINGS - END OF YEAR	<u><u>\$ 37,427</u></u>