



GOLDEN FAMILY CENTER 2025-2026

ANNUAL REPORT

SEPTEMBER 2025 // PREPARED BY KATIE HODDER



Golden
Family
Center

A YEAR OF TRANSFORMATION: RESILIENCE, CREATIVITY, AND UNITY

IN 1988 THERE WAS GREAT CELEBRATION AMONGST STAKEHOLDERS IN GOLDEN! OUT OF THE TASK FORCE ON TEEN PREGNANCY, A GROUP OF DEDICATED PROFESSIONALS IDENTIFIED PROBLEMS THAT EXISTED IN THE COMMUNITY THAT WOULD BE ALLEVIATED THROUGH THE FORMATION OF A COORDINATED COUNSELLING SERVICE. IT WAS THAT SAME YEAR THAT PROVINCIAL FUNDING WAS SECURED TO ESTABLISH THE GOLDEN FAMILY CENTER. THE OBJECTIVE BACK THEN WAS A DIRECT REFLECTION OF THE WORK WE CONTINUE TO DO TODAY, 'PROVIDE PROFESSIONAL COUNSELLING SERVICES AND SUPPORT GROUPS FOR FAMILIES INCLUDING TEENS AND YOUNG PARENTS, TRAINING PROGRAMS AND SERVICES TO VULNERABLE FAMILIES AND FAMILIES IN CRISIS' (DUANE CRANDALL, 1988). AT THE SAME TIME, THE GOLDEN FAMILY CENTER SECURED TENANCY IN WHAT WAS THE 'UPSTAIRS OF THE GAREB BLOCK' AND WHAT IS NOW KNOWN AS THE PATLAR BUILDING. THE GOLDEN FAMILY CENTER OPENED ON MARCH 1, 1989.

AFTER MORE THAN THREE DECADES IN THE SAME LOCATION, OUR MOVE MARKED A PROFOUND MOMENT OF TRANSFORMATION. THIS WAS MORE THAN A CHANGE OF ADDRESS—IT WAS A SHIFT IN CULTURE, AND THE WAY WE CARRY OUR MISSION FORWARD.

THE PAST YEAR REQUIRED US TO NAVIGATE SIGNIFICANT RESTRUCTURING AND ADJUSTMENT. AS ONE STAFF MEMBER REFLECTED:

"THE CHANGE OUR TEAM UNDERWENT HAS BEEN PALPABLE. I THINK IT IS FAIR TO SAY WE DID GO THROUGH A CRISIS AND RESTRUCTURING OVER THE PAST 12 MONTHS, AND THIS STIRRED A SPECTRUM OF REACTIONS FROM UNEASE TO AVERSION, AND WE ADAPTED—AND ARE ADAPTING—TO IT. IN MANY WAYS, WE ARE LIGHTER AND STRONGER THAN BEFORE. AT LEAST THAT IS MY EXPERIENCE."

AMIDST THE CHALLENGES, THEMES OF RESILIENCE, CREATIVITY, AND UNITY EMERGED. ANOTHER STAFF MEMBER NOTED:

"A THEME THAT HAS EMERGED FOR ME UPON REFLECTION IS THE POWER OF CREATIVITY TO HOLD MULTIPLE UNIQUE VOICES TOGETHER IN HARMONY. WHEN I THINK ABOUT THE PAST YEAR AND THE MOMENTS THAT WERE THE MOST POSITIVELY MEANINGFUL, THE DRUMMING WORKSHOP COMES TO MIND. THIS EXPERIENCE FELT LIKE A TIMELY OPPORTUNITY FOR US TO COME TOGETHER AS STAFF MEMBERS WITH OUR UNIQUE EXPERIENCES AND FRAMES OF REFERENCE IN A WAY THAT WAS FUN, MEANINGFUL AND UNIFYING. I TRULY FELT LIKE WE WERE WORKING AS ONE VOICE MADE RICHER BY OUR DIFFERENCES."

THERE WAS ALSO ROOM FOR HUMOUR AND PERSPECTIVE IN THE TRANSITION. ONE STAFF MEMBER SHARED:
"STARING OUT MY OFFICE WINDOW AT THE INSPIRATIONAL VIEW OF...THE CEMENT WALL. GOODBYE OLD OFFICE. YOU WILL NOT BE MISSED."

TOGETHER, THESE REFLECTIONS CAPTURE THE SPIRIT OF OUR TRANSFORMATION: HONEST ABOUT THE CHALLENGES, STRENGTHENED BY CREATIVITY AND RESILIENCE, AND LIGHTENED BY MOMENTS OF HUMOUR. OUR MOVE HAS DEEPENED OUR COLLECTIVE CAPACITY TO ADAPT AND PREPARED US TO STEP INTO THE FUTURE WITH CLARITY, UNITY, AND A RENEWED SENSE OF PURPOSE.

THIS FUTURE HAS ALREADY BEEN STRENGTHENED BY THE INCREDIBLE SUPPORT OF OUR COMMUNITY. WE ARE PROUD TO SHARE THAT THE GOLDEN FAMILY CENTER WAS AWARDED A \$60,000 GRANT FROM THE COLUMBIA BASIN TRUST AND THE TOWN OF GOLDEN, AS WELL AS A \$36,000 GRANT FROM THE GOLDEN & DISTRICT COMMUNITY FOUNDATION. THESE GENEROUS CONTRIBUTIONS HAVE BOLSTERED OUR ABILITY TO PROVIDE ESSENTIAL SERVICES AND PROGRAMS FOR FAMILIES IN OUR REGION. IN ADDITION, WE WERE DEEPLY HONOURED TO BE RECOGNIZED BY THE GOLDEN CHAMBER OF COMMERCE WITH THE 2024 EMPLOYER OF THE YEAR AWARD, A TESTAMENT TO THE DEDICATION AND EXCELLENCE OF OUR STAFF TEAM.

A YEAR OF TRANSFORMATION: RESILIENCE, CREATIVITY, AND UNITY



SOME HIGHLIGHTS FROM THIS YEAR'S PROGRAMMING INCLUDE:

DROP IN CHILD & YOUTH CARE COUNSELLING /SUPPORT: THE GOLDEN FAMILY CENTER IS PLEASED TO OFFER DROP-IN YOUTH COUNSELLING AND SUPPORT EVERY WEDNESDAY AT GOLDEN SECONDARY SCHOOL. THIS FREE, CONFIDENTIAL SERVICE PROVIDES STUDENTS WITH A SAFE SPACE TO TALK ABOUT CHALLENGES SUCH AS SCHOOL STRESS, DEPRESSION, ANXIETY, LOW SELF-ESTEEM, GRIEF, DIVORCE, AND BULLYING. IN ADDITION TO COUNSELLING, YOUTH SUPPORT SESSIONS FOCUS ON PROBLEM-SOLVING, SKILL-BUILDING, AND CONFLICT RESOLUTION, HELPING STUDENTS STRENGTHEN THEIR RESILIENCE AND WELL-BEING.

MINDFULNESS-BASED CREATIVITY GROUP : OUR 8-WEEK MINDFULNESS-BASED CREATIVITY GROUP INVITES CLIENTS TO SLOW DOWN, CONNECT, AND EXPLORE THE ART OF LIVING WITH BALANCE. THROUGH CREATIVE EXPRESSION, MEDITATION, MOVEMENT AND REFLECTION THIS GROUP INTENDS TO BUILD GREATER MIND, BODY, EMOTIONAL CONNECTION RESULTING IN INCREASED WELL-BEING. THIS PROGRAM OFFERS A SUPPORTIVE GROUP ENVIRONMENT WHERE CURIOSITY AND SELF-COMPASSION LEAD THE WAY. BY THE END OF THE EIGHT WEEKS WE HOPE TO LEAVE YOU WITH PERSONAL TOOLS, INCREASED AWARENESS, AND A RENEWED SENSE OF GROUNDED WELL-BEING.

DROP IN COUNSELLING PROGRAM: FROM SEPTEMBER 2024 TO SEPTEMBER 2025, THE GOLDEN FAMILY CENTER'S DROP-IN COUNSELLING PROGRAM PROVIDED AN IMPORTANT SOURCE OF TIMELY AND ACCESSIBLE SUPPORT FOR INDIVIDUALS IN OUR COMMUNITY. OVER THE COURSE OF THE YEAR, **85 ATTENDED SESSIONS** WERE FACILITATED, ADDRESSING CHALLENGES SUCH AS CRISIS SUBSTANCE MISUSE, RELATIONSHIPS AND ANXIETY.

FEEDBACK FROM PARTICIPANTS HIGHLIGHTS THE ESSENTIAL ROLE OF THE PROGRAM: **55% OF THOSE ACCESSING SERVICES INDICATED THAT WITHOUT THIS PROGRAM, THEY WOULD HAVE HAD NOWHERE ELSE TO GO.** THIS DEMONSTRATES BOTH THE URGENCY OF THE NEED AND THE MEANINGFUL IMPACT OF HAVING A SAFE, SUPPORTIVE SPACE AVAILABLE WHEN IT MATTERS MOST.

MESSAGE FROM THE BOARD CHAIR

AS A BOARD OF THE FAMILY CENTER, WE HAVE SEEN HOW OUR COLLECTIVE WORK HAS GUIDED THE ORGANIZATION INTO A NEW SPACE OF UNITY, RESILIENCE, AND CREATIVITY. THE BOARD'S COMMITMENT TO SERVICE REFLECTS A SHARED DEDICATION TO SUPPORTING VULNERABLE POPULATIONS IN OUR SMALL COMMUNITY, ENSURING THAT COUNSELLING AND ESSENTIAL SERVICES ARE PROVIDED WITH COMPASSION AND CREATIVITY. TOGETHER, WE ARE FOSTERING STRENGTH AND CONNECTION, HELPING FAMILIES NAVIGATE CHALLENGES WHILE BUILDING A STRONGER, MORE RESILIENT COMMUNITY. THIS WORK CANNOT BE DONE WITHOUT THE DEDICATION, RESILIENCY AND UNITY OF THE STAFF AT THE GOLDEN FAMILY CENTER, AND WE CONTINUE TO BE AWED, HUMBLLED AND HONOURED TO WALK ALONGSIDE THEM AS THEY NAVIGATE THE CHANGES THIS YEAR, AND CONTINUE TO SHOW UP FOR OUR COMMUNITY. FROM THE BOTTOM OF OUR HEARTS, THANK YOU TO THE STAFF OF THE GOLDEN FAMILY CENTER, THE EXECUTIVE DIRECTOR, KATIE HODDER, AND THE COMMUNITY THAT SUPPORTS OUR MISSION AND VISION OF CREATING A SAFE SPACE OF SUPPORT.

JENNIFER PETROVICS, BOARD CHAIR

'IN CLOSING, I WANT TO EXTEND MY HEARTFELT GRATITUDE TO OUR DEDICATED AND SUPPORTIVE BOARD OF DIRECTORS. ALSO AN IMMENSE THANKS TO THE STAFF AND THE CLIENTS FOR TRUSTING IN THE TRANSFORMATION AND FINDING A SOURCE OF CREATIVITY AND UNITY BECAUSE OF IT' -KATIE HODDER, EXECUTIVE DIRECTOR

