

THE MUSTARD SEED

REPORT TO COMMUNITY

BUILDING COMMUNITY. GROWING HOPE. SUPPORTING CHANGE.

2022

CALGARY | EDMONTON | RED DEER
KAMLOOPS | MEDICINE HAT

TheSeed.ca





Steve Wile
CEO of The Mustard Seed

A MESSAGE FROM THE CEO

The Report to Community is a newsletter that I'm most excited about because we get to share in a bit more detail the tremendous impact of your generosity when you donate to The Mustard Seed. The year 2022 presented new challenges in the aftermath of the pandemic. The rising cost of living and an economic downturn continues to put a strain on not only our vulnerable population but on our organization's ability to provide the support needed to help rebuild their lives. The Mustard Seed helps approximately 30 people across our locations every month find safe, attainable housing. In 2022, The School Lunch Program in Red Deer prepared an average of 600 lunches per day for children in Central Alberta, and in Kamloops, we opened a women's shelter, Harbor House – that will provide a safe place for the growing number of women needing our services this past year. You will read about the many lives that have been impacted and the hope that has been restored with your help. As you do so, know that at the core of each statistic, is a life that has been changed and a story that has been rewritten with your support. As we look ahead, we are excited about the opportunities we will have to increase our impact as we anticipate needs and modify our programs and services to meet the demand.

Thank you for the incredible impact you continue to make in building hope and well-being for our most vulnerable citizens.

Steve Wile
Chief Executive Officer

**“For I was hungry and you gave me food,
I was thirsty and you gave me drink, I was
a stranger and you welcomed me.”**

Matthew 25:35



Kevin Schular
Chair, Board of Directors
of The Mustard Seed Society

A MESSAGE FROM THE BOARD OF DIRECTORS

It is a joy to greet you on behalf of our Mustard Seed Board of Directors. I have been serving on the Board since 2013 and I continue to be inspired by the way our staff serves vulnerable people in Alberta and BC. This is our mission, and we continue to be faithful to the original vision that launched the Seed in 1984.

The Lord Jesus Christ is our example of how to serve others. Acts 10:38 says God anointed Jesus with the Holy Spirit and power and “then Jesus went around doing good.” He taught the people, fed the hungry, and brought healing and hope everywhere he went. He was patient, gentle, and compassionate as he dealt with individuals from diverse backgrounds. His sacrificial death on the cross for the sins of the world was the ultimate example of giving oneself on behalf of others.

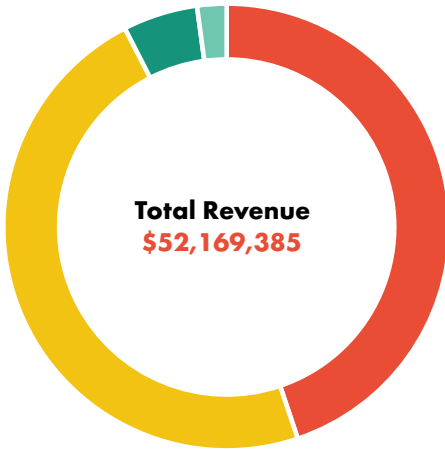
We try to follow Christ's model as we serve. The pandemic was a huge challenge for Canada and the world. The Mustard Seed adapted to new health regulations and continued to meet the needs of people. For example, we used to welcome people to one location in a city to feed them a meal. When restrictions prevented us from continuing in that way, we pivoted to delivering meals to people in their homes. I had the privilege of being part of many volunteers who brought meals to individuals and families on a weekly basis. To serve others as Christ modeled is a great honor.

Our board is thankful for our Chief Executive Officer, Steve Wile, and the quality leadership team at the Seed. We are so grateful for the staff and volunteers who feed, clothe, shelter, counsel, and care for tens of thousands of people each year in the five cities we serve. This is only possible because our donors faithfully support the ministry. Together we show the love of Jesus in tangible ways to our community.

Thanks for being together with us on our mission!

FINANCIALS

For the fiscal year ending March 31, 2022



- Donations **45%**
- Government funding **48%**
- Rental **5%**
- Investment & Other income **2%**



- Basic Services **47%**
(Shelter, Food, Clothing)
- Housing **17%**
- Support Services **19%**
(Wellness, Employment, Advocacy)
- Fundraising **10%**
- General Administration **8%**

OUR VALUES



CHRIST-CENTEREDNESS



TRANSPARENT
ACCOUNTABILITY



TREATING ALL
WITH RESPECT



OPEN COMMUNICATION



HOLISTIC
INNOVATION

OUR MISSION

To build hope and well-being for our most vulnerable citizens through Jesus' love.

OUR VISION

To eliminate homelessness and reduce poverty where we serve.

YOUR GENEROSITY makes an impact

You helped thousands of people experiencing poverty and homelessness this past year. Your generosity made a difference across Alberta and BC.

2022



550,500+
meals served



60,000+
Health & Wellness
services provided



400+
guests employed



454

people moved out
of homelessness
and into housing

50,300+

student lunches
provided through
the School Lunch
program in Red Deer





Happy One-Year Anniversary!
The Mustard Seed Wellness Centre in Medicine Hat, provided **3,816 services** including, advocacy, mental health, and counselling, to Medicine Hat's vulnerable community members.



The first Mustard Seed Women's Shelter – The Harbour House opens in Kamloops



The Mustard Seed opens a new Health & Wellness Centre and Prairie Manor, an 85-unit supportive housing building in Edmonton.

Construction is in progress on Hub:29, The Mustard Seed's first family-oriented affordable housing in Calgary which will be home to 24 families in Ogden.



New Neighbour Centres open in Shaganappi, Calgary & Strathcona, Edmonton.



The Men's Recovery Program in Kamloops acquires accreditation with the Province of BC.



IMPACTING THE FUTURE OF FAMILIES

Ogden Hub:29 – a vision to build resilient families and communities

Construction is well underway for Ogden Hub:29, a 5-storey multiuse building with a dedicated 3-storeys of supportive housing for families facing extreme economic challenges.

Affordable housing continues to be a challenge not only for Calgarians but across Alberta and BC. The need is evident, and it is increasing. Because of your generosity, 24 families will be able to face this challenge with much-needed support – and countless more lives will benefit from accessing the life-changing resources that will be provided through Ogden Hub:29.

The building will host a preschool, a daycare, and a community café on site that invites community integration and provides social enterprise income, and so much more. Residents will also have access to programs and activities, such as counselling, occupational therapy, employment coaching, and advocacy to help families create a better future for themselves.

Ogden Hub:29 is close to becoming a reality thanks to your commitment to investing in the future of families. The building is currently on track for completion in late spring 2023. To donate or learn more visit muchmorethanahome.ca





THE MUSTARD SEED COMMUNITY NEIGHBOUR CENTRES

Your donations help support communities and neighbourhoods. Located in Edmonton and Calgary, our Neighbour Centres create a greater sense of community and well-being, emphasizing the importance of prevention in the fight to reduce poverty and eliminate homelessness. These centres welcome community space and offer a variety of services, from a cup of coffee to employment support, workshops, after-school programming, and much more. Everyone is welcome to enjoy the space whether it be for connecting with neighbours and volunteers, meeting friends and business partners, or simply for a peaceful cup of quality coffee.

Learn more at theseed.ca/neighbourcentres



**Thank you to
all our donors!
Donations of
every kind and
size counts.**



MEALS & SHELTER makes an impact

The need for food, clothing, and shelter is often what brings people through the doors of The Mustard Seed. Your donations help meet their immediate needs so they can begin to heal and focus on the next steps in their journey.

NO WHERE TO GO – HER FAITH FORWARD

The hospital discharged Rachel at 7 pm on a Saturday – they needed her bed. With nowhere to go, she asked the staff, “Are there any Christian organizations in town?” and she was led to The Mustard Seed shelter.

In April 2022, Rachel and a friend were driving to Calgary when they experienced a horrible, head-on collision with a semi-truck. Leaving her friend paralyzed from the waist down, the accident kept Rachel in the hospital’s brain injury ward for four months, then without having secured a place to stay, was released.

“I know what (the shelter) is about,” she says. “My family and I volunteer back home at the Kelowna Gospel Mission shelter.” Rachel intended to stay at the shelter briefly since she had lots of friends in the city. However, while staying with friends she had multiple seizures, and they were concerned she would end up dying in their house. The frequency of the seizures led to additional brain scans, and they found cancer.

“I had cancer 8 years ago and beat it – now it’s back. That’s how I ended up here,” she says. “I need to stay in Calgary for my cancer treatments.”

Rachel decided to begin her healing journey at The Mustard Seed shelter. As a strong Christian woman, she knew it was exactly where she wanted and needed to be. Rachel also has epilepsy and needs the support and care of the trained staff in case of emergencies.



Although a self-professed loaner, her big heart couldn’t hold her back after learning about the financial struggles of one guest and gifting her tickets to a football game so she could take her son out.

Compassion and kindness come easily for Rachel, even in the midst of her own battles. Once her treatment is complete, she will head home to her husband in Kelowna.

OVER
820 Shelter Spaces provided
on the coldest nights of
the year



SURVIVAL – A LIFE OF GRATITUDE

Ron's Story



1,900+
meals served daily



6,600+
student meals served per month
through the Red Deer School Lunch Program

“Finding your own food, whether it is in the wild or in the city, fishing, hunting, or eating out of the garbage can be very strenuous and exhausting. Receiving meals at The Mustard Seed, gave me the strength I needed to function and put me in a healthier position to get things done.”

Looking back, it was a journey of faith for Ron to find his way back to having the positive outlook he thought he had lost. At one point in his life, Ron found himself involved in the wrong crowd which led to him losing touch with his family, parents, siblings, wife, and daughter. He was forced to move from camp to camp along the Saskatchewan River. Through tears, he expressed how challenging it was not having a place to come home to, no food to sustain his needs, and no one to socialize with. Driven by a desire to change the path he was on; Ron did the unthinkable walking from Medicine Hat to Calgary and begging for change to make it to Red Deer.

Ron found himself needing to be sober in order to be accommodated at The Mustard Seed Shelter. After finding the sobriety that he worked so hard for, Ron was provided with a meal and a safe space to spend the night at The Mustard Seed.

He recalls accepting an invitation to Bible study, “I learned the Lord uses sufferings to temper us. God had to temper me. I was ignorant and blasphemous and careless. When I lost everything, I now know it was to bring me closer to Him. I didn’t know it then but now I do. I wish I knew sooner, and I wish my friends did too because most of them now are dead or in jail because they didn’t have a place like this.” Coming to The Mustard Seed restored Ron’s faith in the community, he remembered what it felt like to be cared for and supported by people who genuinely want to see you succeed. He shared that, “It’s the community-building aspect that we need. Slowly and slowly, we are having more disparity between people from the bottom and from the top and it’s creating a stigma which is driving people farther away from each other and from God.”

When asked where he sees himself in the near future, with a big smile he shared how he’s been offered a place to stay in the church where he will be working to do some sweat equity and start moving forward. He shares that coming to The Mustard seed has been a great catalyst for renewing and strengthening his faith, “I’ve had the opportunity to not take things for granted but take things in grace and take it in stride. When you’re in stride with God, the love is insatiable. The Lord will always provide”

APPROX.  **30** people move out of homelessness and into housing per month



HEALTH & WELLNESS makes an impact

With your support, the Mustard Seed's Health and Wellness program helps our clients experiencing homelessness and poverty access a team of medical professionals, counsellors, and advocates who help identify needs, access resources, and connect with hundreds of local community partners.



SURVIVING SHAME – NO LONGER INVISIBLE

John's Story

"This is a crucial service for someone like me. This is the only lifeline I have right now, here and the advocate. Having somewhere to go to, that's huge when you are without a home; I use all the basic services."-

- (John, a guest of The Mustard Seed in Kamloops.)

John found The Mustard Seed at his lowest point. Full of shame at finding himself homeless after an episode of psychosis and major surgery, he came through our doors. John grew up in the Shuswap near Salmon Arm. John shared his troubling upbringing and dysfunctional family life, which led to him using alcohol and drugs as early as 12 years old.

John graduated from UNBC in his thirties with a Bachelor's degree in First Nations Studies. This started him on a long career with shelters much like The Mustard Seed. In 2006 he worked for the Native Friendship Centre in Prince George and in the

Men's Shelter and the halfway house for youth at risk. Through a troubling turn of events, John developed severe psychosis.

"If you are homeless, the people out there tend to paint us all with the same brush. I feel shame, I feel like everyone is looking at me. You feel like you are in the zoo here sometimes." John sighs, "It's a hard place to be."

"I come here for food, clothing, showers, and especially the emotional support," John comments. "Being able to talk to the staff is lifesaving, you feel so alone out there sometimes – invisible even, to the everyday person. It's nice to come in here and feel cared for." John reflects for a moment. "You come from out there, feeling judged and hopeless, to the people in here who treat you with dignity, they give you hope. This place gives me somewhere where I can come in from out of the cold; being inside a building when you are homeless – makes a big difference. The level of attention you receive from staff does a lot for me." ... John leans forward to emphasize his words. "I mean this is not just a job for the staff at The Mustard seed, they seem to really love and care for those that need this place. There are some shelters and organizations one can go to where it's just a job, but The Mustard Seed seems to attract those for whom this is a calling." John looks around where we are sitting. "The Mustard Seed, for me – It's a post office, restaurant, and hotel. I am so grateful to have someone who will advocate for me to get my ID and possibly housing," says John.

"I don't know what I would do without this place right now," John declares. "I don't have a chair to sit on in my tent, and being able to have a shower is so nice. These are the best meals, even if I had my own place, I would never eat this well. The food is good and so is the company."

John is learning to manage his psychosis and continues to receive support from The Mustard Seed in hopes of being able to once again have a place to call home.



NEW HEALTH & WELLNESS CENTRE, EDMONTON

The Mustard Seed is excited to have opened a new Health and Wellness Centre in Downtown Edmonton in October 2022. Thanks to seed funding through a grant from the Government of Alberta's Community Initiatives Program (CIP), The Mustard Seed is providing vital wrap-around health and wellness services to those experiencing poverty and homelessness.



SPIRITUAL CARE

As a faith-based organization, our Christ-centered value is at the core of our mission to build hope and well-being for our most vulnerable citizens. Spiritual care is a service that is available to our guests upon request. Our desire is that guests who seek spiritual care would discover a hope that penetrates and restores every aspect of their being as they work on rebuilding their lives.

" ... When you're in stride with God, the love is insatiable. The Lord will always provide." - Ron, guest

190+

Health & Wellness service interactions daily



1133

ID's provided



2000+

spiritual conversations



REACHING CALGARY'S MOST VULNERABLE

SeedReach, is The Mustard Seed's mobile outreach team, which provides support to people experiencing homelessness and at-risk populations who might not typically seek out resources at our physical locations. The team consists of registered social workers, advocates, and nursing staff recording more than 600 client interactions each month.

HOUSING makes an impact

Having a permanent, affordable home allows you to establish a life in your community, build a network of friends, and reconnect with family. Your support enabled us to help 454 people move out of homelessness into the stability of their own homes this past year.



Tina moved into The Mustard Seed's 1010 building in January 2021 with the goal of becoming independent and finding her own place beyond the 1010. When she moved in, she stayed focused on life improvement with the support of the Resident Engagement team. She volunteered to do many tasks around the 1010 and was very engaged with helping Property Management as well as Resident Engagement.

Tina successfully moved out of the 1010 in February 2022 to the 14 Avenue Mustard Seed property and is completely self-sufficient and caring for herself.

APPROX.

30

PEOPLE

move out of homelessness and into housing per month



395

Affordable housing units across Calgary, Edmonton, and Red Deer



Safe, Supported, and Secured – Home

In July 2022, we opened the doors of Prairie Manor – The Mustard Seed’s newest supportive housing building in Edmonton. Thanks to funding from the City of Edmonton and the Government of Canada’s Rapid Housing Initiative, The Mustard Seed converted an existing hotel into a residential building, which involved retrofitting **85 hotel suites to create self-contained bachelor units.**

Located in south Edmonton, Prairie Manor provides safe, supportive, and stable long-term housing for vulnerable Edmontonians who are experiencing poverty or homelessness.

Residents sign a lease, pay rent, and live in an apartment they can make their home, but also receive support tailored to their needs.

“Prairie Manor is supportive housing, where the rental rate is based on a percentage of the resident’s income and is staffed 24/7 to ensure the safety and well-being of residents,” says Katie Kitschke, Director of Housing at The Mustard Seed in Edmonton.

“The supports that are offered to residents are employment services, food services, as well as many opportunities to engage with other supportive agencies in the community. The staff at Prairie Manor have also incorporated opportunities for volunteers to come in and empower residents to learn new skills such as art, music, gardening, and crafting, just to name a few.”

Prairie Manor is a place that people can call home. It’s a place where residents can feel safe, supported, and have a sense of belonging and community.

“We are so excited about the possibilities that exist not only for those who are making Prairie Manor their home but for the greater Edmonton Community as well,” says Katie Bosse, Health & Wellness Manager at The Mustard Seed in Edmonton.



VOLUNTEERS make an impact



We cannot do what we do, without you!

The Mustard Seed was founded on community members donating their time and volunteers continue to make up the backbone of our organization. Volunteering in any capacity is about more than just filling a direct need, it allows us to develop empathy – a profound human connection that is at the heart of strong communities.

From those serving in our kitchens to hairdressers, faith companions, warehouse volunteers, snow removal, and everything in between ... thank you for your time, dedication, and the countless ways you have served vulnerable neighbours in our community. Together, we are making a difference. Visit theseed.ca/volunteer, to get involved.

OVER 58,000
VOLUNTEER HOURS



“

“My favourite days of the week include volunteering with a great team of people at The Mustard Seed. Connecting and being active in a community setting is something that I have always done and will continue to do, and The Mustard Seed has been the perfect place for me.”


-Jordan, a valued volunteer

”


What's Next ...




Together, we made a significant impact in 2022, and although we are living in uncertain times; we are grateful that you have chosen to be part of our mission to build hope and well-being for our most vulnerable – to be the anchor of hope that will continue to make a difference in people's lives in the years to come.



The Mustard Seed continues to explore affordable housing opportunities in several cities across Alberta.



Our first women's shelter opened in Kamloops called The Harbour House. This newly renovated 12-bed facility is provided in partnership with BC Housing and will open 24 hours per day. BC Housing will provide funding annually to ensure the space is staffed and services are available to those in the shelter. The women residing here will have access to meals, clothing, showers, and wraparound services in a safe environment. Kamloops has limited resources specific to women, so we are looking forward to seeing the impact of this initiative over the next year.



Health and Wellness services will continue to expand across the organization as we assess the needs of the communities we serve, so we can provide the support that is tailored to their unique situation.



The Mustard Seed Recovery Program – funded by Calgary Homeless Foundation. This recovery transitional housing program is operating out of our 1010 Centre in Downtown Calgary. It is a 16-week program that will have capacity for up to 19 participants at a time. It will utilize a sober recovery model and will support participants in addressing trauma, building supportive social connections, and developing relapse prevention strategies. This will be coupled with transitional housing supports, which will focus on building skills for independent living, financial literacy, employment, and connection to long-term community-based supports such as mental and physical health, ongoing recovery program, social and recreational programs, and others.



We are looking forward to being able to open the doors of Hub:29 in late spring 2023 and we are excited to begin this journey toward a better future with the families and the community of Ogden.

THANK YOU FROM ALL OF US AT THE MUSTARD SEED



TOGETHER WE ARE



**BUILDING COMMUNITY.
GROWING HOPE.
SUPPORTING CHANGE.**



NEW TOLL-FREE NUMBER: **1.833.GIV.HOPE (448.4673)**



TheSeed.ca

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The Mustard Seed is a Christian non-profit organization that has been caring for individuals experiencing homelessness and poverty since 1984. Operating in five cities across Alberta and British Columbia, The Mustard Seed is a supportive haven where people can have their physical, mental, and spiritual needs met and grow toward greater health and independence. We've been an agent of change for more than three decades, thanks to our donors, volunteers, and support from the community.

Today, The Mustard Seed operates in Calgary, Edmonton, Red Deer, Medicine Hat and Kamloops. To learn more about what The Mustard Seed is doing in each city, please visit www.theseed.ca and choose your city from the "View Location" drop down menu located at the top right of the page.

We hope to hear from you soon!