

# Spectrum Mothers Support Society

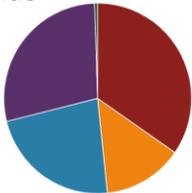
**Year Founded:** 2007  
**Website:** [spectrummothers.ca](http://spectrummothers.ca)

## Financial Information

**2021 Revenues** \$ 115,057.00  
**2021 Expenses** \$ 154,937.00  
**Assets:** \$ 87,484.00

## **Sources of Funding:** (approx % from each)

Revenue



- Received donations \$39,840.00 (34.63%)
- Non-receipted donations \$15,775.00 (13.71%)
- Gifts from other registered charities \$26,197.00 (22.77%)
- Government funding \$32,650.00 (28.38%)
- All other revenue \$595.00 (0.52%)

Total revenue: \$115,057.00

District of North Van, City of North Van,  
Community Child Care Program Grants West  
Vancouver Community Foundation  
Soroptomists International of North and West  
Vancouver

**# Served:** (include # total and # on North Shore)  
40 mothers and 63 children on North Shore



Spectrum Mothers Support Society provides respite and support to mothers of all ages, living on the North Shore with a newborn or a newborn and children under the age of three, who continue to care for their children in difficult and challenging situations. These include young women who find themselves unexpectedly pregnant with little or no support from family or friends. These women often suffer from post partum depression, have little parenting knowledge and may be coming out of an abusive relationship or addiction. Other women face the challenges of multiple births, physical illness, loss, mental health issues, and financial stress. Mentors/caregivers are matched with the families and spend time with the mothers and children, listening, encouraging and offering mothers positive guidance in the care of their children. As well as providing support in the home, our caregivers and mentors accompany mothers to drop in resources and support groups – encouraging them to connect with their community. We provide doula services to our mothers as many of them are young, single and without support from friends and family. Giving birth is often a trigger for past trauma and abuse and having the support of a skilled doula is invaluable. Also, having the doula involved during pregnancy and delivery enables us to identify needs and provide caregivers immediately after delivery, during the critical postpartum period.

Unique about our organization is that we can offer these services outside of traditional hours as well as regular hours and are therefore able to complement services offered by other North Shore Agencies in order to provide the best support possible for these families.

## **Programs**

Trained and experienced one-on-one childcare provided to mothers of all age, building relationships between caregiver and mothers. Services are provided to low income, struggling and marginalized families thus enabling access to other program and services on the North Shore. Also trained and experienced doulas are available to work with clients during pregnancy and post delivery, providing key support during the post partem period for those that lack family support. Future programs include a Crisis Nursery, a place where children can be provided 24hour cost-free short-term care during times of a family crisis. Referrals would be made to appropriate resources to help families overcome crisis.