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MESSAGE FROM THE EXECUTIVE DIRECTOR

It is hard to believe that this will be the start of my 14th year as the executive director of BIAPH. As many of you know, I became aware of the issues facing survivors of an Acquired Brain Injury (ABI) and their families through a lived experience. My son sustained a catastrophic brain injury in July 2000 because of a motor vehicle accident. As a caregiver/mother I witnessed firsthand the struggles, frustrations, and lack of resources available to this population.

At the AGM in June 2008 when I was asked to assume this position, BIAPH was a very small organization. We just had one support group in Mississauga that met intermittently throughout

the year. Funds to sustain the organization were sparse. There was a lot of work to be done. Like many other small organizations, we rely on the generosity of our stakeholders and members to sustain us. It is safe to say that it is due to the commitment of our sponsors and everyone who has attended and supported our

fundraising events that we are still here.

Jorun Rucels

Jorun Ruceis

During the past years our adult support groups expanded to regularly scheduled meetings in Mississauga, Burlington, and Georgetown. In the latter part of 2016, we were fortunate to receive funding from the Ontario Trillium Foundation to develop and implement a support program for youth and young adults. This first of its kind program was especially designed to address the social isolation that this demographic typically experiences after an ABI. The Headspin group is now in its 4th year and the grant is coming to an end this fall. BIAPH is committed to sustain the youth initiative after the grant funding ends. BIAPH's caregiver relief program managed to expand during the past year. BIAPH provided support to 10 families even

though the pandemic presented us with some challenges. BIAPH continues to be an active partner in the province wide Peer Support Program.

This is the second AGM that we host virtually. Who could have foreseen back in March 2020 that we would still be in this situation? I am happy to report that BIAPH was quick to transition our support programs to virtual meetings. Since BIAPH covers a large geographical area, the virtual format has proved to be very effective. The virtual support groups are attracting some new members from outside Peel & Halton who attend regularly. In addition, the virtual format works well to secure timely and relevant presenters for our members. Post pandemic we will explore a hybrid approach to deliver our programs.

Future Direction of BIAPH:

During the past months, BIAPH has been working strategically to build a more solid foundation to enhance the organization by:

- Prioritizing accessibility and increase delivery of information and resources.
- Developing a new website.
- Developing a 3-year Strategic Plan that acknowledges the changes needed for service delivery and accommodation for growth in members with a focus on:
 - o Inclusivity; delivery of services in a collaborative, supportive and respectful environment.
 - o Diversity; understanding and accepting differences between people including those of different ethnicities, genders, ages, religions, abilities, and sexual orientation.
- Ongoing evaluation of the effectiveness of our programs and their impact on survivors and caregivers overall wellbeing and quality of life.
- Exploration of new avenues of funding required to sustain our current programs and expand new programs and initiatives.

I have been fortunate to work with some great people over the past years. Sue Brushey took over as the Peer Support Coordinator in October 2013 and has been instrumental in growing this province wide initiative in our region. The Headspin youth group was initiated in the fall of 2016 with planning sessions and program development. The first meeting was held Feb 2017. I wish to acknowledge Laura Giandomenico and her team Paolo Mazzonetto and Becky Yorksie who have been instrumental in its success. I am happy to report that all three are still with the

program. At the beginning of 2020 we were working on expanding the youth initiative to north Peel focusing on Brampton when the pandemic curtailed our plans. As part of the expansion, BIAPH hired three additional facilitators: program coordinator Kirsten Hadleycrane and her team of Julie Tran and Sara Scott. In addition to her involvement with the youth group, Kirsten also assumed the position as BIAPH Program coordinator of the adult group. Kirsten has been instrumental in enhancing the program bringing in a wide variety of speakers, presenting on topics of interest to our members. Information about our support groups is regularly posted on social media.

Since our last AGM we have welcomed an additional three new members to our team. In administration Nichola Nonis focusing on program development and research and Marina Apostolopoulos focusing on exploring new avenues of revenue. Our newest member is Samy Kannout working with the Headspin youth group. He connects with new members and assist and support them with the onboarding process and addresses any concerns and apprehensions. In accordance with our mandate to expand the program, Samy is actively doing outreach, contacting community and religious organizations, rehab professionals and other stakeholders focusing on the Brampton area.

Finally, I want to recognize the Board of Directors which has remained unchanged since the last AGM. Currently the board has 7 dedicated and committed members who donate their time and expertise to guide the association. A special mention for the board president, Roger Foisy, who had the vision to implement the Health Advocates Conference. We have had two successful conferences that have been instrumental in securing funding for BIAPH, especially during a time when it was hard to host our regular fundraising events. We are looking forward to our third conference scheduled for April 8, 2022.

Thank you all, for your support. The importance of your donations and sponsorships are most appreciated and greatly needed to sustain us. Please join our upcoming events this year for an opportunity to reconnect, network and show your support.

Most sincerely,

Jour Rucels

BOARD OF DIRECTORS

EXECUTIVE COMMITTEE



Jorun RucelsExecutive Director



Roger Foisy
President



Jon Corry Vice-President



Stephen Leitch
Treasurer



Meagan Buttle Secretary

DIRECTORS



Ed RoszczkaDirector



Fred Standen
Director



James Bishara
Director

BIAPH's Board of Directors include professionals from a variety of backgrounds, who have banded together to achieve our goal of supporting survivors of acquired brain injury and their caregivers.

As leaders, our Board of Directors take on an active role in ensuring BIAPH's operations are continuously aligned with the needs of our members. Prioritizing survivors, caregivers, and their families, our Directors guide BIAPH through positive leadership and an unwavering pursuit of advocacy and support for the ABI community.

Visit our website at www.<u>biaph.com</u> to learn more about our Board of Directors!

OUR TEAM



Laura Giandomenico,HeadSpin
Facilitator



Paolo Mazzonetto,HeadSpin
Facilitator



Beckie Yorksie, HeadSpin Facilitator



Julie Tran, HeadSpin Facilitator



Sara Scott, HeadSpin Facilitator



Samy Kannout Member Liaison



Kirsten
Hadleycrane
Program
Coordinator &
Support Group
Facilitator



Sue Brushey, Peer Support Coordinator



Marina Apostolopoulos
Grant Writer



Nichola Nonis
Manager of
Research &
Program
Development

BIAPH's team consists of individuals from diverse disciplines and professional backgrounds, who have come together with their own set of skills, experiences and areas of expertise.

Working directly with our community, our team members approach their role with empathy and a strong drive for advocacy. Throughout their time at BIAPH, they have played a significant role in ensuring our support programs are qualitydriven, member-focused and aligned with the specific needs of our survivors, caregivers and families

Visit our website at www.biaph.com to learn more about our team!

ABOUT US

The Brain Injury Association of Peel and Halton (BIAPH) is a non-profit organization, which serves the needs of families and survivors of brain injury in the Peel and Halton Regions of Ontario.

At BIAPH, we advocate for the needs of Acquired Brain Injury (ABI) Survivors and their families and support networks, by providing up to date resources, information and support programs. We facilitate measures to promote the prevention of brain injury, improve quality and care of life, provide community education, and conduct resource searches on behalf of our members.



OUR MISSION

Our mission, is to enhance the quality of life for persons in the region(s) of Peel and Halton who are living with the effects of an acquired brain injury through:

Education, Awareness and Support

OUR VISION

We strive for BIAPH to be recognized as a gateway to:

Resources, Prevention, Leadership, Support, & Inclusive Programs

OUR HISTORY

In 1986, BIAPH was founded by parents, spouses, and service providers of individuals suffering from the effects of an Acquired Brain Injury (ABI). These advocates were the driving force in the repatriation movement; an initiative that brought Ontarians receiving ABI services in the United States back to Ontario and to their families.

OUR COMMUNITY

BIAPH advocates on behalf of our members, and provides support to survivors of acquired brain injury (ABI), caregivers and their families. We ensure information on ABI is made accessible to our community, to aid in the prevention of brain injury, improve quality/care of life, promote community awareness, and to ensure that relevant and up-to-date resources are highlighted. Our organization strives to act as a resource for our ABI community, service providers, as well as any other individual seeking to learn more about acquired brain injury and its impact on the lives of individuals and families.



OUR STRATEGIC PRIORITIES

To accommodate our growing community, BIAPH's Executive Team has met to develop a three year strategic plan to redevelop and modernize the association to better serve our members. To view our Strategic Plan in greater detail, please visit our website at www.biaph.com.

Deliver supplementary evidence based support programs

- Advocate for and share evidencebased rehabilitation programs for survivor safety, care and development, as well as caregiver support.
- Advance knowledge translation channels to encourage the implementation of evidence based initiatives across local and national brain injury associations.

Strengthen our advocacy through education and increased awareness

- a. Publish our expertise to inform future research, program development and public policy that impacts brain injury survivors, caregivers and service providers.
- b. Develop social media campaigns to raise greater awareness of brain injury and its community.

Expand our geographical range of in-person support groups

- a. Hire program facilitators from the regions we wish to expand our program and services.
- b. Explore new avenues of funding to sustain our program expansion.
- c. Develop meaningful relationships with organizations and networks with similar interest, influence and a capacity to advance related priorities.

OUR PROGRAMS

CAREGIVER RELIEF PROGRAM

The Caregiver Relief Program is set up to provide relief to families and primary caregivers of survivors of acquired brain injury. The services include Attendant Care (e.g., personal care, household tasks, support within the home, etc.) and Community Social Support (e.g., assistance accessing community programs and resources, etc.). Through this program, BIAPH strives to provide our members with a safe environment to share their stories, access information from professionals, and to provide an opportunity to participate in recreational and social activities.

To Sponsor our Caregiver Relief Program, please contact us at www.biaph.com.

"The respite caregiver, knows his abilities and weaknesses. He is prone to be very, very quiet and she draws him out and makes him speak. She is a gentle and kind person who brings him some socializing that he otherwise would not have. The program has exceeded our expectations. The respite caregiver is a gem and we have come to love her!" - Caregiver Relief Program Recipient

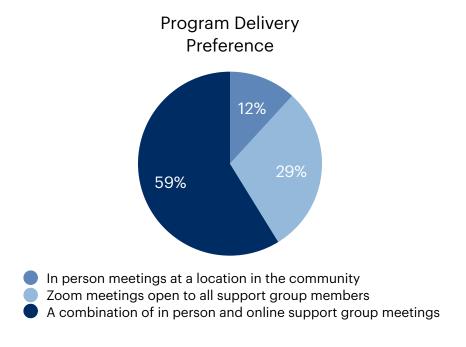
PEER SUPPORT PROGRAM

Our Peer Support Program is available for those who are living with an acquired brain injury (ABI), and allows them to connect to an individual who has lived through a similar life experience involving an ABI. The mentor's role is to provide guidance, knowledge, and support, based on their own life experience involving an ABI. While this program is coordinated through local affiliated brain injury associations across Ontario, the BIAPH branch is coordinated by Sue Brushey, an experienced RSW/PSW who has supported BIAPH and the ABI community for numerous years.

For more information on our Peer Support Program, please visit our website at www.biaph.com.

Our Support Groups

Our support group meetings provide acquired brain injury (ABI) survivors and caregivers with the opportunity to share, listen and express their daily experiences as an ABI survivor or caregiver. Our support groups offer members a safe space to meet and discuss common issues, learn more about living with an acquired brain injury, and provides opportunities for positive engagement with other members and families. Due to the COVID-19 pandemic, our support groups have moved to virtual platforms in order to ensure the safety of our staff and members. The virtual meetings have welcomed new members to participate, and have broken down the geographical barriers we once faced. The addition of new members presents the growing need for support across our community. When surveyed, our members showed great interest in a hybrid model of support as we move forward.



"I have really enjoyed people sharing their stories and hearing the speakers present. There have been some very informative speakers. Just listening to others helps me not feel alone and connected to others, you feel like somebody else understands what you're going through..." - Adult Support Group Member

ADULT SUPPORT GROUP

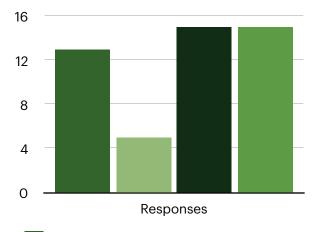
Our weekly meetings for ABI Survivors and Caregivers provide opportunities for sharing, and information exchange. While weekly meetings invite both survivors and caregivers, BIAPH also holds monthly meetings that are exclusively for caregivers.

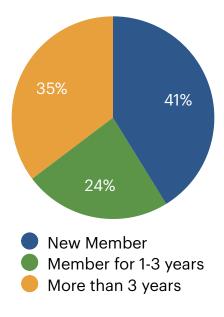
As we wrap up our support meetings each year, we survey our members to ensure our service is in response to the needs of the survivors, caregivers and families who participate in our weekly meetings. This annual survey enables BIAPH to ensure our programs are always member driven, and helps us to provide information and content that is of current interest.

This year, our survey received 17 responses from ABI survivors and caregivers who attended our Adult Support group meetings between September 2020 - August 2021.

How long have our members been attending Support Group Meetings?

Why do our members attend Support Group Meetings?





Meet new people experiencing similar difficulties and talk about experiences

Connect and meet new friends to have a chance to relax and socialize

Learn more about brain injury from professionals in the field

Learn more about brain injury from others who have experience living with their injuries

Topics of Interest for Support Group Meetings (2021-2022)

Raising Children and Adolescents with Brain Injury
Computer Technology Use
Driving
New Technology and Treatments
Effective Medications and Devices
Tax Forms and Credit Guidance
Vulnerability

In addition to providing a safe space for connection, we also invite guest speakers across various professions and disciplines relating to acquired brain injury, into our support group. These speakers can range from health care professionals to tax specialists, who deliver presentations and bring awareness to the various resources that are available for those who need it. A few examples of our Support Group speakers can be found below.

Jennifer Berg-Carnegie, Invisible-Care Redefining Medical Client Monitoring

Remote Personal Support Worker Services - a New Way to Access Attendant Care Jayesh Prajapati, Meditation Instructor

Benefits of Meditation and How to Use Meditation
During Life Challenges

Jeanette
Podolsky, Speech
Therapy Centres of
Canada

Connecting through
Communication - Strategies
from a Speech Language
Pathologist

John Gore,
ADLAccessible Daily
Living

Advances in Home Assessment and Available Technology

Gina Awuah, Canada Revenue Agency (CRA)

Disability Tax Credit Eligibility and Applying, Medical Expenses What and How to Claim

For more information on our Adult Support Group, please visit our website. To Sponsor our Adult Support Group, please contact us at www.biaph.com/contact-us/

HEADSPIN: YOUTH AND YOUNG ADULT GROUP

Join us at HeadSpin!

Although many
Headspin members
reside in the Peel
and Halton regions,
Headspin has also
reached members
who reside in cities
such as Etobicoke,
Thorold, Ridgeway,
Elora, North York,
Richmond Hill, and
Niagara Falls.

To register, or for more information, please visit our website at www.biaph.com.

The HeadSpin group was designed for high functioning youth and young adults with an acquired brain injury (ABI) or individuals experiencing similar challenges. This group focuses on building community and friendship through community-based leisure activities and regular meetings.

Adjusting to the Pandemic

In-person leisure activities have been the cornerstone of HeadSpin's method for social connection; however, COVID-19 introduced the requirement to eliminate these in-person events. Recognizing the essential need for maintaining social connection amongst members during this very isolating time, the Headspin facilitators swiftly addressed this challenge and developed a virtual platform to ensure continued service delivery every week.

HeadSpin in a Post Pandemic World

Once in-person events are permitted, it is anticipated that the Headspin program will be offered as a hybrid approach, combining in-person and virtual events each month. While it is recognized that in-person is the ultimate method for connection and sense of belonging, the virtual option enables members to participate as geography, transportation limitations and financial challenges are eliminated as barriers to participation. Several core members of the in-person events seldom attended the virtual activities secondary to the impact of screen time on their brain injury. Evidently, virtual service delivery is not ideal for everyone as it poses barriers to accessibility. Therefore, we will be exploring a hybrid model of service delivery as we move forward.

Performing group events in a virtual world has required great creativity on the part of the facilitators. Creating opportunities which are interactive within a didactic modality has its challenges; yet, the designed programs, facilitator skills and the camaraderie of the members proved to maintain the mandate to create a forum for social connection.

Friendship, Food & Fun!

Over the years, Headspin members have enjoyed developing friendships over leisure activities: for instance, food became a symbol of fun and comfort during social gatherings. During our virtual events, facilitators have creatively incorporated food, thus trying to approximate the positive experiences enjoyed during in-person events.

During significant calendar events, such as the December seasonal celebration or summer celebration, a pizza delivery was arranged to the homes of each member.

During the course of these events, 18 members enjoyed conversation and interactive games over a few slices of pizza.

Similarly valuable has been the redeveloped cooking class. On several occasions, members have been provided with a recipe geared to maximize the abilities of those participating and on another occasion a cookie kit was sent by mail to decorate. Virtual monitoring along with cues and encouragement have enabled the members to participate in these highly enjoyed cooking activities.

Other previously enjoyed, in-person programs, have been redesigned for the virtual world including: bingo, art class, games night, Jeopardy, escape room, virtual tour etc. New programs introduced to our members have included opportunities such as: optical illusions, comedy, scavenger hunt, riddles, Pictionary, etc. Based on attendance, all of these programs have proved to be highly enjoyed by our members.

Although there are several 'member favourite' programs, the facilitators have continued to explore new virtual opportunities and methods for service delivery. There has been great program variety offered. Significant to these events has been the use of technology, through applications. Recognizing that most of our members have great technology prowess, incorporating apps has been a positive experience for many of our Headspin members.

HeadSpin Member Liaison

Participating in virtual events can be overwhelming and intimidating. To support new members joining virtual Headspin events, a new position was introduced, Headspin Member Liaison. This role has been established to support the new member's transition from the Intake to the Headspin group meeting. New members now join an established group with support from the Headspin Member Liaison. Support is weaned as indicated.

The role of the Headspin Member Liaison has been instrumental in bridging new members into the established Headspin membership. Through this support, the transition from the Intake to the group event is seamless. The new member initially connects with Headspin staff during the Intake and then is introduced to the Headspin Member Liaison who offers varying levels of support, depending on the needs of the member. Involvement reduces as the member feels comfortable.

Increasing Demand & Rapid Growth

HeadSpin membership has continued to experience growth, often introducing at least one new member each month. In the past year, the group has reached 39 members, 11 of whom have joined us for the first time. With the COVID-19 restrictions in place, the need for social support has significantly increased, resulting in additional members and a need for resources to support our growth.

Sponsor HeadSpin!

Our HeadSpin program was funded by an Ontario Trillium Foundation grant thus far. Unfortunately, this grant is set to expire in the Fall of 2021.

To sustain this impactful program for our Youth and Young Adults, you are welcomed to donate or Sponsor our program!

Sponsors will be acknowledged for their generosity during BIAPH events and also featured on our website!

Your contributions make a difference! To learn more on how you can support HeadSpin, please contact us at www.biaph.com

"Having a local support group (BIAPH), helped me a lot during my recovery. It has been great to meet other survivors that can relate to you and understand you and your situation. I made a whole new group of friends. I had wonderful experiences finally connecting with other survivors... During these COVID times Headspin switched very quickly to online activities to keep us all connected." - HeadSpin Support Group Member

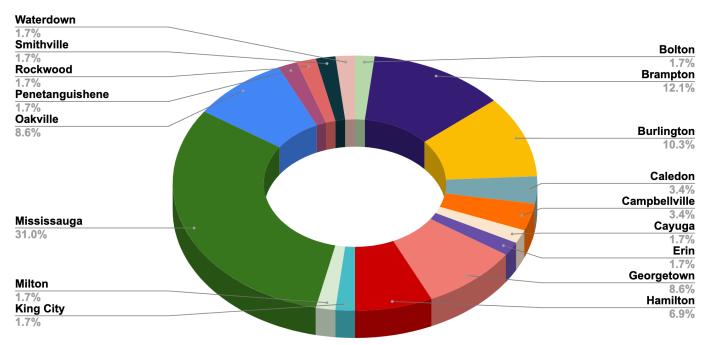
HOW YOU HAVE HELPED US

As a non-profit organization, BIAPH's programs and operations largely depend on the generous contributions of our donors, volunteers and support networks. In the past year, your donations enabled us to continue our work and fund the operation of our support programs. Although the pandemic resulted in the cancellation of most of our events, your continued support enabled us to execute our support programs for the acquired brain injury (ABI) community.

BOUNDLESS

With the transition to virtual programming, we have seen an increase in participation from individuals all across Ontario. As we move forward with our hybrid model for support group programs, BIAPH will continue to support individuals joining us from outside the Peel and Halton regions.

Peel, Halton & Beyond



YOUR IMPACT

As a not for profit organization, a large portion of our programs are sustained by your support and generous contributions. Take a look below to see how your generosity has positively impacted survivors of brain injury, their caregivers, and families.

79New BIAPH Members

75
Adult Support Group
Members

39

HeadSpin: Youth and Young Adult Support Group Members **10**

Families Supported Through the Caregiver Relief Program

132

BIAPH Members participating in our diverse <u>range of Support</u> Programs

38
Adult Support Group
Meetings

46HeadSpin Meetings

820

Hours of Service Provided through the Caregiver Relief Program

To attend our programs or events, please contact us at www.biaph.com.

27

Informative Presentations at our Adult Support
Group meetings

ABI Survivors Supported

37
Caregivers Supported

20Individuals Participated in

the Peer Support Program

OUR EVENTS

12 MINUTES OF CHRISTMAS

While the cancellations of in-person fundraising events this past year was overwhelming, our team gathered and executed two informative and educational virtual events. The 12 Minutes of Christmas holiday party offered a fun opportunity for community members to virtually gather, celebrate and take a chance at winning some amazing cash prizes!

Our Christmas Fundraiser sold 725 tickets!

Each ticket holder was entered into a raffle for a chance to win a \$1000 prize, donated by our sponsors. The generous contributions of our sponsors and registrants have greatly supported BIAPH's Support Groups and Peer Support Program. For more information on our next Holiday Party, or to Sponsor our next Holiday party, please visit our website at www.biaph.com.

Thank you to our 12 Minutes of Christmas Sponsors



HEALTH ADVOCATES EDUCATION CONFERENCE

'What You're Missing: Practical Tips and Strategies from Industry Professionals'

BIAPH's second biannual education conference was held on October 28, 2020. This conference was a unique learning experience which used a multidisciplinary approach to bridge gaps in knowledge while providing helpful strategies on how to effectively advocate for clients and assist in ensuring that funding for treatment is provided. Our virtual platform delivered LIVE rapid podium speakers, as well as a unique virtual space which allowed vendors and delegates to interact online.

Our Health Advocates Conference was participated in by **200+** registrants!

This event received incredible feedback from our attendees, with strong support for the continuation of our education conferences. The generous contributions of our sponsors and registrants have greatly supported BIAPH's operations and Caregiver Relief Program. For more information on our Health Advocates Conference, or to Sponsor our conference, please visit our website at www.biaph.com.

Thank you to our Health Advocates Conference Sponsors!



THANK YOU!

To our funders, sponsors, donors, volunteers, and BIAPH community, we Thank You wholeheartedly for your continued support this past year. Although our organization has had to make some changes to navigate through the pandemic, your overwhelming support has enabled us to continue our work to ensure our services remained uninterrupted.

As we move forward, we encourage everyone to stay connected for future news and updates regarding our upcoming events.

Visit our website at www.biaph.com for information on how you can support our ABI community!



WWW.BIAPH.COM

In the past few months, BIAPH has been working behind the scenes with Orthoplex Solutions to develop a brand new website. Our new website prioritizes Accessibility, Usability, and Education.

How does the new website prioritize Accessibility?

Accessibility ensures discriminatory features are addressed to ensure every person obtains equal access to products or services. Web accessibility, ensures that people living with disabilities, can equally understand, navigate and interact with the website and its tools or services. This ensures every individual, is provided access to the web free of barriers. With the launch of BIAPH's new website, we will be utilizing the services of accessibe.com, a web accessibility tool that allows visitors to BIAPH's website to adjust the webpage according to their unique needs.

How is Usability prioritized?

Usability ensures users of a specific product or service, has a positive experience in their interaction. This positive experience can refer to how efficient a product or service is, its effectiveness, and the user's overall satisfaction with their experience. BIAPH has prioritized Usability by ensuring the new website is:

Accessible: the website can be accessed by individuals of varying abilities.

Functional: the website is functional across all technological devices.

Simple: the website will focus on highlighting only key information that is useful and informative to our community.

Easy to Use: when a website is easy to use, it's user-friendly. This was a key priority in the design of our new website, as we worked to remove barriers to information for our users.

How does the website seek to Educate?

The launch of our new website, includes the launch of BIAPH's brand new blog, MindMatters. This blog aims to provide credible, evidence based information and resources pertaining to ABI survivors, their caregivers, family members or any individual interested in learning more about ABI.

Visit our website at www.biaph.com for more information.

2020-2021 Financial Statement

Year ended March 31, 2021		2021		2020	
REVENUES					
Health advocates conference revenue	\$	124,100	\$	94,101	
Headspin - youth support (Note 5)	•	78,567		61,091	
Fundraising		27,675		25,362	
Ontario Brain Injury Association shared activities		8,463		12,932	
Donations and gifts		4,168		23,014	
Corporate sponsorship		-		17,192	
Interest income		-		1,112	
		242,973		234,804	
EXPENSES					
Program Expenditures (Schedule 1)		171,695		163,340	
Administrative Expenses (Schedule 2)		35,526		49,070	
Administrative Expenses (Scriedule 2)		33,320		49,070	
		207,221		212,410	
EXCESS OF REVENUES OVER EXPENSES	\$	35,752	\$	22,394	
ASSETS					
CURRENT					
Cash	\$	230,715	\$	288,272	
Accounts receivable		2,306		1,150	
Harmonized sales tax recoverable		10,043		15,912	
Prepaid expenses		7,585		14,638	
	\$	250,649	\$	319,972	
LIABILITIES AND NET ASSETS					
CURRENT					
Accounts payable	\$	18,324	\$	17,123	
Deferred income (Notes 3, 5)		28,034		134,310	
		46,358		151,433	
NET ACCETO		204 204		160 500	
NET ASSETS		204,291		168,539	
	\$	250,649	\$	319,972	

A Few Notes*

- The Health Advocates Conference is a biannual event. Revenue generated supports BIAPH over the span of two years.
- The Trillium Grant which has sustained our HeadSpin program thus far, is set to end by Fall 2021.
- The financial statement provided is a summary from BIAPH's 2020-2021 Audited Financial Statement. A complete Auditor's Report by GBA LLP is available upon request.