

A YEAR OF REINVENTION

nankind

Formerly the Nanny Angel Network

2022

Annual Report

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OUR MISSION

To lessen the social and emotional impact of cancer on families.

OUR VISION

A world where every parent with cancer receives the support they need to no longer choose between their care and the care of their children. Where their children have the support of a specially trained Volunteer Angel to share their feelings in a healthy way and build emotional resilience.

OUR VALUES



Excellence

Thirty years of nanny agency expertise matched with our Certified Child Life Specialist team, we have developed evidence based, personalized support for our families. Our trained and screened volunteers deliver our programs with excellence through all stages of the cancer journey.



Accountability

We are accountable to all our stakeholders – parents, children, families, volunteers, community partners, funding partners and supporters, and are committed to evaluating our performance, measuring our impact, and improving our results.



Compassion

We know what a difficult time this is for a family. We are here to give hope and support at every stage.



Inclusion

We believe all parents with cancer regardless of income should receive supportive cancer care at every stage of their journey.



Innovation

We are nimble and driven to respond to the changing needs of our community with creativity and insight.

BOARD OF DIRECTORS

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A YEAR OF REINVENTION



Dear Friends,

2022 was a year full of reinvention. We revealed our new name and logo, Nankind, to the world. Our new brand encompasses all that we do to support families along their cancer journey. From the deeply committed Volunteer Angels, to the supportive Child Life Specialists who guide young children along their parents' cancer journey, and all of you who help us make that possible, we give families hope. There truly is no other organization like Nankind.

We fill a gap in cancer care, and we continue to learn what that means as we grow. Parents who are faced with a cancer diagnosis often lack the resources to be the parents they would like to be. That's where Nankind comes in. Our Child Life Specialists have created programs that our Volunteer Angels use to give kids the tools to manage big feelings. Parents with cancer can feel confident that their kids are going to be ok.

Grief comes in many forms and understanding how to process life changes is important for children.

Our Volunteer Angels show kids how to better deal with the loss of normalcy, whether that is grieving a healthy parent or in some cases the death of a parent. Using therapeutic play kids learn to build resilience and coping skills so they can grow to be healthy adults.

Through all the programs we offer, both virtual and in-home, we are creating lifelong change that will be felt for generations to come. With Nankind's help, kids can thrive.

Since 2008 we have supported over 2,000 families and empowered more than 3,500 children who have been affected by their parent's cancer. On behalf of all the families we give hope to during the most difficult of times, we thank you for being by our side.

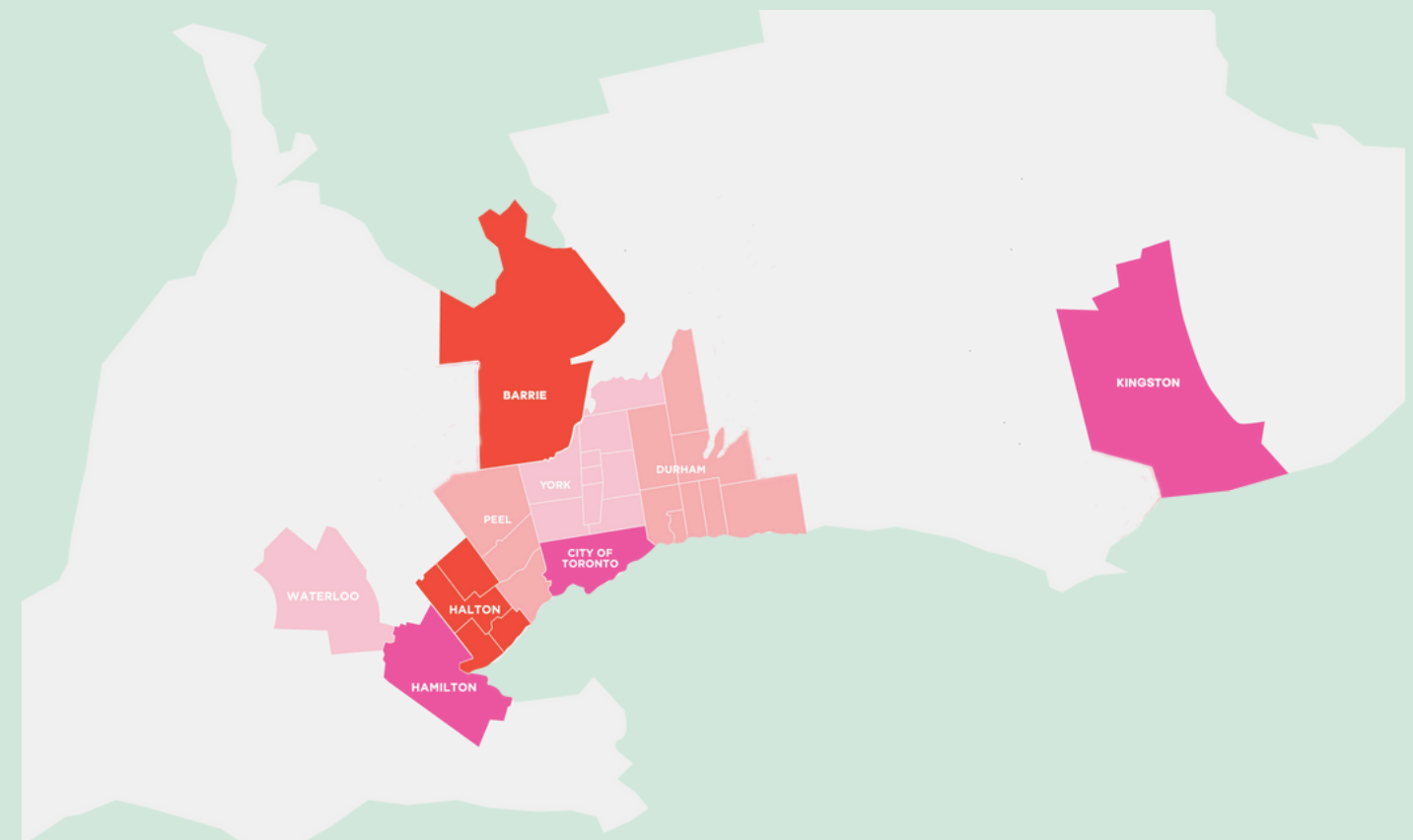
With tremendous gratitude,

Audrey Guth
Founder & Board Chair

OUR COMMUNITY

Together with the families we help, Volunteer Angels, and our supporters, we are creating lifelong change. We are empowering children and youth to build resilience so that they can grow to be healthy young adults.

REGIONS WE SERVE



"Volunteering at NAN has been a true pleasure, I as a volunteer have been granted the opportunity to connect with a family I would have otherwise may not have ever crossed paths with. Over the past year, I have been able to build a valuable and enriching relationship with the family through the laughs shared, moments spent together, learning about their cancer journey, and sharing different parts about our lives. I am extremally grateful for volunteering with NAN so thank you to the family that I have been paired with and making this such an enjoyable experience." Angelo, Volunteer Angel

OUR IMPACT

2022 was a year full of impact and change. We supported 148+ families throughout their cancer journey across five regions. Thanks to your support we were able to equip 291+ children with the tools to better understand their parents illness and build resilience. Click [here](#) to watch our 2022 impact video.

148+

Families Supported

5

Regions Supported

291+

Children empowered
with emotional resilience

30

Teddy Bear Clinics

274+

Volunteers engaged

2,220

Hours of free
childcare

18,241

Nutritious meals
delivered

68

Virtual Support Group
sessions for moms

9,600

Fun-in-a-Box Activities
Packed

90+

Mom Care Bags distributed
in 19 Cancer Centres

37

Kids received individualized
Grief and Bereavement
Support

210+

Holiday Stockings
delivered

64

Families graduated
from our program

Endless

Giggles



The Power of Therapeutic Play

Using therapeutic play to help children understand the changes that they are going through is at the heart of what we do. For the children we support who are experiencing a parent with cancer, our goal is to teach them how to better cope with the potential trauma that their parent's illness can have on their everyday life and instil lifelong skills.

Parent's worry about how their cancer diagnosis and journey will affect their children, while children often find themselves feeling lost and confused. Cancer removes the sense of normalcy in a child's life.

Without knowing it, they are suddenly grieving the loss of a healthy parent. With every family we work with, the release of worry and re-emergence of excitement that our support programs provide is felt. We are here to help restore what is normal, and our incredible community of Volunteer Angels help us achieve this at every touch point, through every program we offer.

Children may not have the tools and know how to process the new and big emotions that come with this sudden life change. So, it's incredibly fulfilling when we can be a part of a family's journey and see the impact of the change we are making, at every stage.



One way we do this is with our monthly coping kits which have been designed with play in mind. They help kids to process their emotions and find their calm in stressful moments. From Worry Eaters to making Slime, and Fire Breathing Dragons, these Coping Kits are instrumental in teaching children how to build emotional resilience.

"I recently visited the home of a family where the mother was on oxygen support. The cancer had spread to her lungs. Her daughter and I made a model of the lungs using Ziploc bags and straws and used playdough to represent the tumours. This demonstrated how hard it is for her mom to breathe. At the end of our Child Life session, she said to me 'Cancer just makes so much more sense now.' As a Child Life Specialist at Nankind I feel lucky to be able to work with children to ensure that they understand their parents' cancer in playful and age-appropriate way." Emma, Certified Child Life Specialist

Our Teddy Bear Clinics which are facilitated by a Certified Child Life Specialist to teach children about what cancer is but also what it is not. Our Teddy Bear Clinics help children understand what is happening to their parent. As a play-based activity it gives children the space to ask questions about and better understand their parent's cancer diagnosis, treatment, and recovery.

A child feels less anxious about the uncertainty of their parents' illness, because it helps eliminate the magical thinking.

"The Teddy Bear Clinic has left my daughter feeling much better about my cancer because it's helped her understand my illness. She seems much happier and hasn't put her bear down!" Angela, Nankind mom

When we include children in developmentally appropriate ways the cancer experience becomes easier for the entire family. Our Virtual Mom Support Group, Peer Connections, Meal Program, Fun-in-a-Box, Ronda Green Camp Program provide support for all members of the family. The difference that we make is amplified when our community comes together. Through our Volunteer Angels we are fostering lifelong change, every day, one child at a time.

You Really Need a Whole Community

Checking in on our progress includes measuring the impact of our programs. Our most recent study, in partnership with Unity Health Toronto, aimed to improve our understanding of mothers' experiences post-cancer diagnosis. Our study assessed their need for support, uncovered the unique challenges mothers face when being a cancer patient and parent and the impact Nankind has had on their journey. Themes were identified to help us steer our future programming in the right direction so we can make an even greater impact.

1 Impact of cancer diagnosis and treatment

Diagnosis and treatment came with many physical and emotional impacts, which included a shift in the identity as 'mom', as well as changes in marital and familial relationships within the home.

2 Need for and access to support

Women who received assistance from friends and family were concerned that the care was not consistent, sometimes came with strings attached and tended to be more supervisory in nature, rather than providing age appropriate and engaging play for children.

3 A pillar of support

Nankind's support programs provide much needed physical, social and emotional relief for mother's with cancer. The support was identified as essential in helping to restore a sense of normalcy, structure, and security within the home and for all members of the family, especially children.

4 Barriers and timely access to care

The importance of Nankind's commitment to delivering their services free of charge was felt by all. Some shared resistance to accepting help at first, while others hoped that they learned about Nankind's services earlier in their journey because of how pivotal it was for improving their cancer journey.

5 Opportunities for growth

Additional hours of in-home support, improving awareness of support, facilitating entry into and out of Nankind program and expansion of services into household duties were all identified as areas for future growth.

A qualitative study in partnership with Unity Health, University of Toronto, Published in [Supportive Cancer Care](#), Springer Nature, October 2022.

"I can only imagine what a difference it would make, having that pamphlet the same day when you're diagnosed. Because in that moment, it would give you hope. Like reading everything that they're doing, and it's not even more for yourself, it's more for your kids, because you're so concerned how they're going to take it. I feel like that in itself would make your psyche stronger. Not only for yourself, but for your kids. I feel like you would have a sense of hope, a sense of encouragement, a sense of things are going to be okay."

Nankind mom & study participant



One Family's Story of Hope



Taking care of children can be a challenging task for any parent, but it can be even more difficult for parents who are experiencing cancer. This is especially true for mothers who have to juggle their cancer treatment while also trying to take care of their children. Inessa was six weeks pregnant with her second child when she was diagnosed with an extremely rare type of phyllodes breast cancer tumor in 2018.

“It was five days after my son Theo’s first birthday, and I was six weeks pregnant with my daughter Eloise when I suddenly found myself trying to process the news. It was extremely difficult because at a time when I should be excited about my pregnancy, I was waiting to get a mastectomy.” Inessa, Nankind mom



Inessa heard about Nankind while at the hospital. With many resources offered, it was Audrey’s story, a mom who also had cancer that stood out to her. The connection of another parents’ cancer journey made Inessa feel less alone.

“Nankind immediately made us feel like family, someone we could trust and depend on. There were so many things I had not even thought about. They were very quick to say this is the support you need and here is what we are going to give you.” Inessa

Nankind is a lifeline and for mothers like Inessa, the free support immeasurable. They were matched with an incredible Volunteer Angel Vanessa who came to their home every week so Inessa could go to her treatments. At a time when nothing else was normal the support provided a foundation for her family.

“When I was diagnosed, I received a lot of flowers and fruit baskets, but they only lasted a couple weeks. What Nankind provided was so necessary because I was a new mom and cancer patient. I needed all the help I could get to make sure my family was ok. On the one hand I had a toddler and a newborn baby at home, and on the other I needed to drive to the hospital daily to get radiation treatments right after giving birth.” Inessa

Life continues, regardless of whether you have cancer and it also affects the entire family. Nankind’s Child Life team opened Inessa’s eyes to the importance of being open with her children, no matter how small.

“What their child life team taught my husband and I is the opposite of what older generations tell you to do. They would say, ‘They’re kids, they won’t understand, stay positive’ which really isn’t helpful. When you can see and feel that your children understand that you are not well, you realize that they need to be a part of your journey too.”

In 2022 Inessa was re-diagnosed. The cancer became metastatic and spread to her spine. She woke up one day and had trouble getting out of bed. One of the first phone calls she made after returning home after surgery was to Nankind.

“Now that the cancer has spread to my spine I’m not as mobile, so my husband in some ways is a single parent. Our new volunteer Helen has been so incredible, and I don’t know where we would be without her. She brings her energy and takes my kids on adventures every weekend, they really light up and it gives them something to look forward to, while my husband can get a much-needed break.”

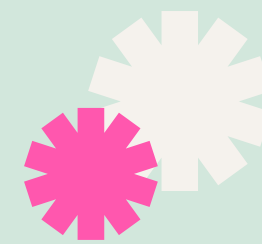
As Inessa's treatments increased Nankind provided her son and daughter with a Teddy Bear Clinic, a type of therapeutic play that helps kids better understand what cancer is. It also provides children with a safe space to process their feelings in a positive way. It helped 5-year-old Theo and 4-year-old Eloise understand some of the medical challenges she has, like having a CADD pump attached to her arm to get her medicine. Since then, Theo has been open and asked some deep questions and Inessa feels comfortable being able to speak to him about what is happening.

The Meal Support Inessa's family has received over the last year, during the most difficult part of her journey, holds a special place in her heart. It not only supports her need to rest, but also helps her husband. They are both incredibly grateful and look forward to the meals they get to enjoy together as a family. Virtual activities like Camp-in-a-Box with their virtual volunteer Olla also give Theo and Eloise more fun to look forward to, and another new friend to lean on.

Each element of support has given Inessa's entire family the consistency and positivity they all needed to navigate this challenging time.

"Having someone to lean on when you have cancer, it's the kind of experience that restores your faith in the world. When you first get diagnosed you feel like life is unfair. Having this kind of support that is so consistent and comes out of the goodness of someone's heart really makes you feel better." Inessa

OUR VOLUNTEER ANGELS



"Nankind has supported more than 2,000 families through a variety of in-home, virtual, and meal support programs. These programs can help kids cope with the trauma of parental cancer by providing a sense of normalcy during an unfamiliar time. I personally have volunteered weekly at Nankind for almost a year and am proud of the impact that I have been able to make."

Alexandra, Volunteer Angel

"Volunteering with Nankind gives me the opportunity to connect with an amazing family and provide them with support when it's needed most. The relationships that you build are so special, and it's very rewarding to be able to do a small part in lessening the impact of cancer on the family."

Shawna, Volunteer Angel



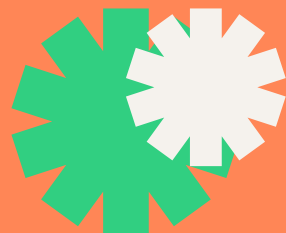


"Nankind provides such a direct and rewarding way to try and add some positivity and support into the lives of parents and families who have been impacted by cancer. It has been a privilege to meet the family I support and a joy to get to know their resilient and fun-loving kids."

Jennifer, Volunteer Angel

"Volunteering at Nankind gives me the opportunity to connect with my community and support a great family. I love the kids, and I enjoy spending time with them."

Laka, Volunteer Angel



"My volunteer role with NAN has been a good fit for me. The chance to support people in meaningful ways is really fulfilling. It's a humbling experience to see families showing such strength and positivity in their cancer journey."

Eamonn, Volunteer Angel

"Volunteering at NAN is a huge gift and joy in my life. Visiting with my NAN family has quickly become a highlight of my week; the radiating love and courage felt in their home inspires me. I am so grateful to be a part of this special community."

Claire, Volunteer Angel



Purpose Driven Partners

Village Craft & Candle is in the business of helping candle-making entrepreneurs ignite success. Part of Oakhill Group, founded by Roger and his long-time friend Basil in 2019, who share a passion for the private equity space and investing in the development of small Canadian businesses. At its core, Oakhill Group is about supporting business environments that build culture and autonomy.

Roger and Basil first learned about Nankind through Yumba, a meal delivery service that Oakhill Group invested in. After hearing and being touched by Audrey's story, he began to think of ways he could help the organization's need for support. Roger turned to Village Craft & Candle.

"We want to do as much as we can to help. That includes helping to spread their message, bring awareness, and most importantly, get our community to be a part of the change we help create. Village Craft & Candle was a great fit because it can speak to thousands of Canadians about the incredible work that the organization is doing for families and really get them to be a part of the impact; while they also grow their own businesses."

Parents who are diagnosed with cancer have an incredible feat in trying to balance being a cancer patient and parent. The flicker of a candle can bring a sense of calm, providing a moment to sit still and unwind. Similarly, the free childcare that Nankind's Volunteer Angels offer provide a sense of calm and immediate relief for families in need. Having a company that helps bring a sense of stillness to people's day, supporting an organization that provides transformative relief to families experiencing cancer was the perfect match.

The impact that Village Craft & Candle is making goes beyond business. Roger and Basil are passionate about sharing the importance of giving back with their children. It's important that their families grow up with the knowledge of how vital community is and how much more we can achieve when we come together to support one another.

Parents who are diagnosed with cancer have an incredible feat in trying to balance being a cancer patient and parent. The flicker of a candle can bring a sense of calm, providing a moment to sit still and unwind. Similarly, the free childcare that Nankind's Volunteer Angels offer provide a sense of calm and immediate relief for families in need. Having a company that helps bring a sense of stillness to people's day, supporting an organization that provides transformative relief to families experiencing cancer was the perfect match.

"We were lucky to attend the family event at the Toronto Zoo. It was so incredible to be around the families we were helping to support. Hearing their stories and having our families being able to be a part of that day was the most rewarding part. To be able to have our kids be a part of that experience, so they learn what we are doing and can understand the impact was immeasurable."

Village Craft & Candle's partnership started as a way to help raise awareness and funds so more families with cancer could get the critical support they need. Over time it has grown to mean so much more to Roger, Basil, and Village Craft & Candle because his community and family are able to experience the impact and importance of coming together to give back and make a difference for those who need it most.

Whether the flicker of a candle is providing a moment of calm for a volunteer, a parent with cancer, or being lit in memory of a loved one, Village Craft & Candle's partnership with Nankind is one that holds deep meaning and purpose to both.

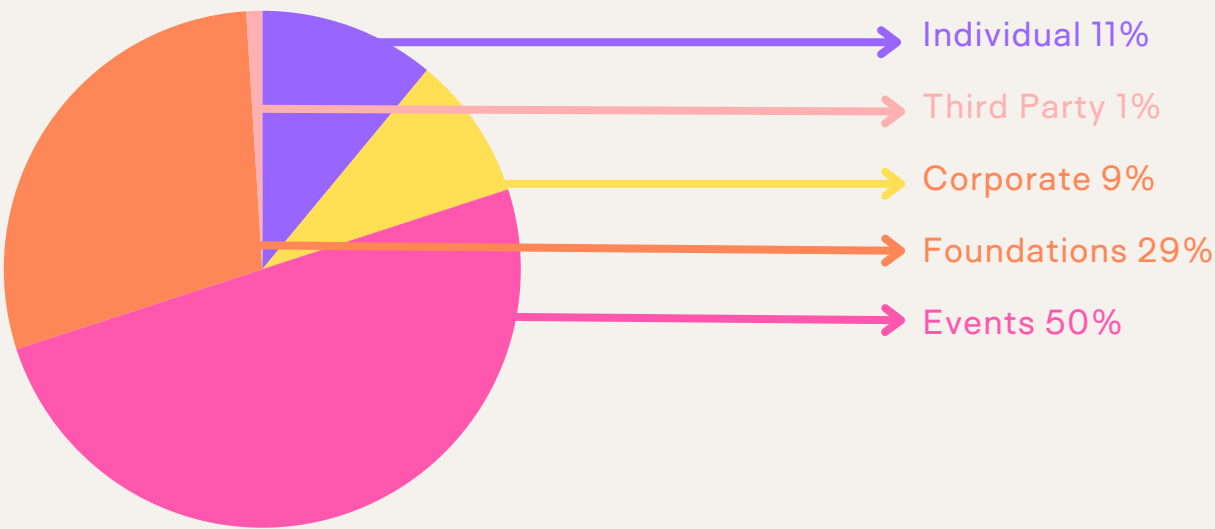


VILLAGE CRAFT & CANDLE

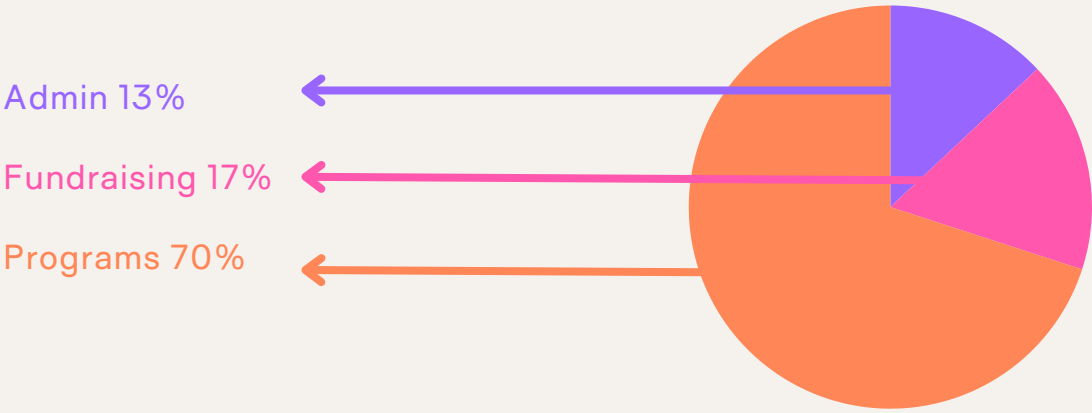
FINANCIALS

We are leaders in supportive cancer care because of the generosity and passion of every individual, company, foundation, and organization that has given to support our cause. In 2022 we were able to grow more than ever before. Every dollar raised goes to support our mission of helping families affected by cancer.

TOTAL RAISED IN 2022 \$1,327,796.72



TOTAL EXPENSES IN 2022 \$1,667,850



OUR DONORS

Thank you to every individual, company and foundation that has contributed to our mission. We are able to provide free childcare and support programs that transform the cancer experience for families because of your support.

The following list reflects the cumulative giving of donations and gifts in kind from January 1, 2022, to December 31, 2022. We have made every effort to include and list all donors accurately. We apologize for any inadvertent errors or omissions. To note a discrepancy please contact us at 416-730-0025 ext. 5 or email info@nankind.com.

Heroes (\$100,000 - \$200,000)

- Audrey & Fred Guth
- Britton Smith Foundation
- La Fondation Emmanuelle Gattuso

Dream Builders (\$25,000 - \$99,999)

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- Bazil Developments Inc.
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Davis Park
Slime Time
Michael Hvizdos
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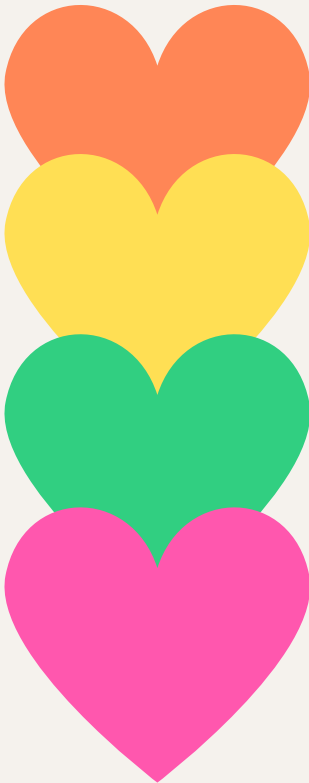
445 of our friends gave at this level to give
our angels wings

Gifts In Kind

A Pirates Life
Accor Hotels
Aim to Maintain Fitness
Air Canada Foundation
Ana Pascos Portraits
Anthony Ricciardi
Banfi
Barbara Kansun
Barbarians Steakhouse
Bellvue Manor
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BRONCA

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| Jerome Photography | Precious Moments Mobile Spa Party |
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| Jordan Sarick | Provocateur Images |
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| Kandl Artistique | Redstone Winery |

| |
|---|
| Reptilia |
| Rod Carley |
| Rose Reisman |
| Sam Kazemeini |
| Sash Restaurant |
| Scruples Salon |
| Scruples Spa |
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| Shaw Festival |
| Skyzone Trampoline Park |
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| Terra Restaurant |
| The Case for Wine |
| The Food Dudes |
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| The Harold Green Jewish Theatre Company |
| The Personal Touch |
| The Tenors |
| Toronto Motor Sports |
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| Upper Unionville Golf Club |
| Vaughan Laser Clinic |
| Vineland Estates Winery |
| VitalityMD Medispa |
| Vito Natale |
| Watson Glen Golf Club |
| Yumba |



Thanks to the tremendous support of countless families, companies, organizations and foundations, we are able to provide free childcare and support programs for families affected by cancer. Thank you for your ongoing generosity and commitment to our cause. Every dollar raised goes towards supporting our mission, to lessen the social and emotional impact of cancer on families.

Audrey & Fred Guth









The Catherine and Maxwell Meighen Foundation



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