



TEEC strives to aid, develop and empower communities through working together, educating, Excelling and changing lives.

The year 2021, like the previous year (2020), was challenging due to Covid-19 and its various impacts. Such impacts affected several aspects of our lives, such as employment, learning, health, physical and mental health, and reduced social interactions. Many women continue to be unemployed as some businesses, especially the small businesses that generally employ immigrants and newcomers, are closed. Both children and adult learners have been affected as studies are delivered online. Also, in general, many Manitobans and Canadians got sick with the virus, and the majority faced long-term isolation. Unemployment, stress, depression, alcohol and drugs abuse, domestic violence, primarily gender-based violence increased. It seems like there is no end in sight, and the winters seem dark, long, and gloomy. Fortunately, the goodwill of ordinary Canadians, at different levels, including churches and nonprofit organizations, such as *The Excel Empowerment Centre Inc.*, continues to provide support and hope to the individuals and communities affected by COVID-19.

Since it was founded, The Excel Empowerment Centre Inc. continues to provide support and hope to families, neighbors, and communities in need during such difficult times. Below are some of the ways TEEC provides charity activities. We are so grateful for the generous support of all of our donors; from big donors to small and from anonymous donors to our friends.

TEEC provides services to women, youths, and children, to help them cope with the challenges of Covid-19. Our most important highlight of the past year was obtaining our charitable status, which allows the team to continue to deliver its charitable services to the communities here in Canada and Bor, Jonglei State of South Sudan.

However, with the ongoing threat of Covid-19, our operations were affected due to lockdowns and public health directives. We, therefore, adapted our services and continue to help our participants in the communities through offering the following:

- Outreach Online and telephone wellness checks to our clients to help them cope with long-term isolation and provide information about the services they may need.
- 11 workshop sessions on health and mental wellness in 2021. We invited public health professionals to share information with the participants.
- Organized Covid-19 and vaccination awareness to help fight the pandemic in our communities, including teaching and practicing protection through social distancing, wearing masks, hand washing, and sanitization.
- a money management workshop to give the participants financial literacy. With this knowledge, we hope it will help the participants make wise decisions on managing their limited family resources and avoid family conflict.



- TEEC held a youth leadership development workshop and another session on 365, on Peace Day. TEEC partnered with the Rotary Club of Winnipeg and invited different participants from different locations in Canada, the USA, and South Sudan. This session was aimed to help people explore and understand the importance of peace, starting from the individual and into the community.
- Youth homework support online and English tutoring for adults on zoom. (Thanks to Fatuma Ahmed for her team leadership!)
- Our volunteers and staff work hard to make people aware and break down the stigma about Covid-19 that the local communities have and the online disinformation.
- The team dropped off care packages of groceries to individuals and families under quarantine after a positive Covid-19 test or to individuals who had come in close contact with someone that tested positive who were isolating.
- Through the dedication of our volunteers, drop-offs at the door helped those families stay connected and fight the Covid-19 virus.
- TEEC is continuing with the weekly distribution of our Supplement Nutrition Breads. It is a project that TEEC offers to low-income families. We deliver 253 loaves of bread and other food items to individuals and families in need every second week. It has helped families, as many of us are aware of the rising food prices that are affecting some families with lower incomes. According to the Food and Agriculture Organization of the United Nations, "a person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and active and healthy life. It may be due to the unavailability of food and lack of resources to obtain food. Food insecurity can be experienced at different levels of severity"(FAO, 2021). This project happened thanks to the dedication of our staff and volunteers, and with help from Harvest Manitoba and Second Harvest, who we pick up food from to deliver to those individuals and families in need.
- Back to school: TEEC partnered with the South Sudanese community of Manitoba and purchased 81 school bag packs, as well as other school items, including masks, to help students go back to school safely, especially after a long period of learning online.
- During Christmas, TEEC provided over 41 families with grocery gift cards. It happened because of our generous donors, and we thank them for allowing us the chance to provide those families in the community with gift cards to purchase their Christmas food.



Employment and Social Skills development for youths and women:

- With the CWF-Grant, TEEC contracted six part-time (primarily women and girls) from July to September 2021. They sewed dignity kits, basic units, transport bags, and comforter blankets. The women also did deliveries and other services in the community.
- From October to December 2021, we had a tailoring and sewing class delivered by a local tailoring shop owner. It was to improve the skills of our participants in measuring, cutting, and to empower individuals to be enabled to find a job. The ongoing Covid-19 pandemic has affected women, especially newcomers, in terms of job loss, due to the closure of small businesses that employed women. Our employment training, mainly tailoring and sewing, made a difference to some women. Our sewing class provides beginners and those with some experience in tailoring with the training to help some women get employed throughout the year. Currently, three women continue to work part-time with TEEC, sewing basic units, and dignity kits; including comfort quilts in partnership with Mennonite Central Committee. These items are then delivered overseas to help vulnerable population especially women, girls, and children.
- With funding from Green Team Manitoba and the Canada Summer Jobs, we employed thirteen youths of all backgrounds, primarily girls and people from the inner city. It is our second year partnering with these funding government agencies to give youths job opportunities, work experiences during the summer, mentorship, and leadership skills.

We also want to thank our MLA Lisa Naylor for her support in her September visit and for the backpacks she shared with us for students. Thank you to St. George's Anglican Crescentwood for donating clothes and materials for sewing. Finally, we want to thank First Lutheran Church for the role they play in supporting our mission by offering us space within their building to build community.

Without the support of our donors this past year (2021), we would not have been able to offer and build so many programs. We want to thank the following for their key partnerships and funding support:

- 1- Our key anonymous donor, alongside other individual donors.**
- 2- Canadian Women Foundation**
- 3- Manitoba Bridge Fund**
- 4- ELCIC Women of Faith fund**
- 5- Tropicana Community service**
- 6- Winnipeg Foundation/ Be The Change one-time fund.**
- 7- Green-team Youth program**
- 8- Canada summer Job youth program**



TEEC in South Sudan:

In addition to our charity work in Winnipeg, Manitoba, our empowerment programs in Bor, South Sudan complement our work in Winnipeg. While Covid-19 has slowed down our activities, especially the plan to build a centre in 2020, our team of volunteers adapted and continued providing the community with:

- Covid-19 awareness. Focusing on prevention measures such as sanitation, wearing masks, social distancing, and avoiding crowded places.
- Our team in Bor provided support to those affected by flooding in Bor Town and surrounding villages with clean water, health awareness, and sanitation to prevent the outbreak of waterborne diseases such as cholera.
- During our online health and mental sessions on Zoom, we invited our volunteers and participants from Bor, South Sudan, to participate in the discussion of the public health professions here in Canada. Our volunteers went back to help equip the local communities to fight the pandemic, mental health, and depression.
- TEEC provides funds to the local team in Bor to buy hand washing buckets, soaps, and hand sanitizers in public places.
- Our team distributed accessible and reusable masks (made by TEEC volunteers) to the communities.

Resumption of Centre Construction in Bor:

Both the teams in Winnipeg and Bor are excited that construction of the TEEC center in Bor has resumed. This process was put on hold back in 2020 due to the uncertainties of Covid-19. Due to our benefactor's generosity, commitment, and pledge, the funds for the first phase of the construction were wired on January 5th, 2022. Once the funds arrived Intec's account in Bor, The KAN Construction Company Ltd., TEEC management team in Bor, and the board of directors here in Winnipeg drew up an agreement signed by the three parties, to commence the construction work. Building TEEC's centre in Bor will fulfill the critical vision of our organization, as the centre will help make our operations in Bor more self-sustaining through a partnership with local organizations, who want to provide services to women and children but have no field office in Bor. The TEEC building will be a centre for peace workshops women and children empowerment, where employment and life skills are given to the community and will be free of charge so that individuals can earn a living, reduce poverty and uplift the local communities.



Below are some pictures of some of the work that TEEC was able to do in 2021 and continues to do here in the new year, 2022:

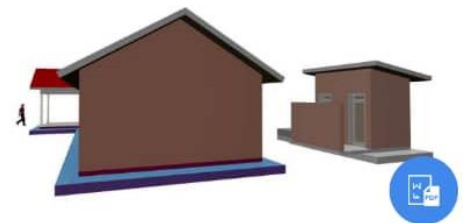
Centre in Bor – Building Construction:



FRON VIEW



REAR VIEW

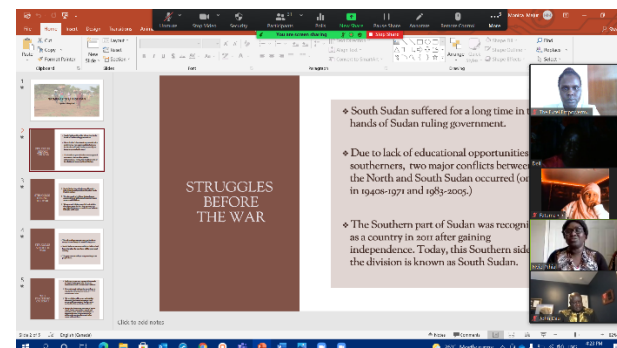
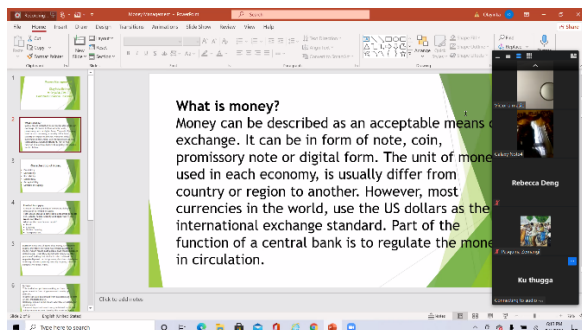
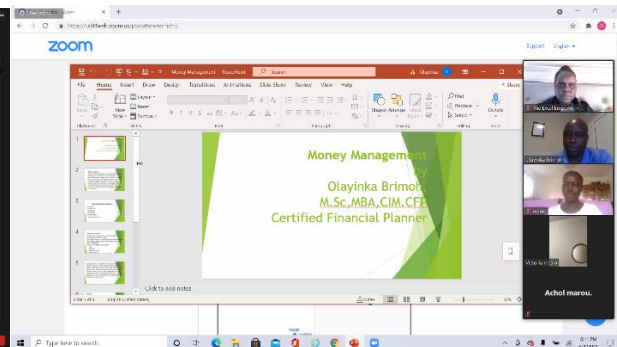
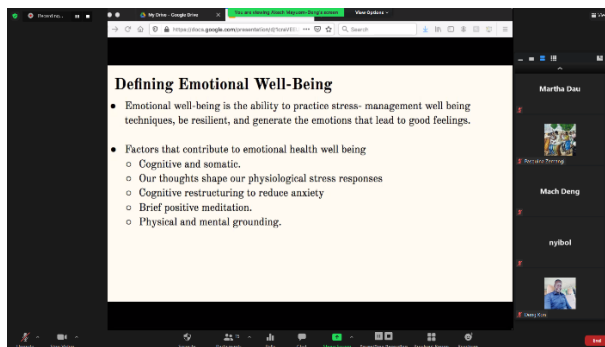
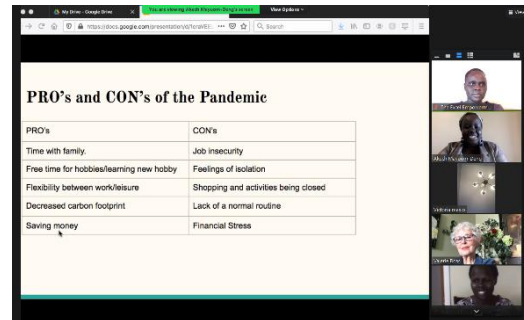
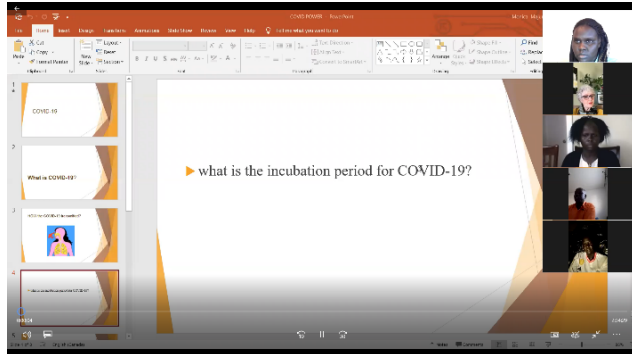


SIDE VIEW





Wellness Workshops (Zoom):







TEEC Sewing:



TEEC Food Delivery Program:



Mission: TEEC strives to assist the war-affected newcomers and immigrants, including refugee women/ Girls and Children, to garner the skills and confidence required to attain employable "success."

Vision: The Excel Empowerment Centre Inc. (TEEC) is that every Newcomer, including Refugees, should have the skills, confidence, and emotional wellness they need to succeed in Canada. We also envision boosting the ability of women, Girls, and children to encourage education and employability skills to support themselves in Canada and Bor Jonglei state in South Sudan.