

THE EXCEL EMPOWERMENT CENTRE INC. ANNUAL REPORT 2023



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Introduction

The Excel Empowerment Centre Inc resumed full operation in 2022 to accommodate in-person clients after lifting Covid-19 restrictions. The challenges were, nonetheless, enormous as the community came out of the pandemic, resulting in the loss of employment, reduced social connection and network, health issues such as mental health challenges, and lack of access to basic family needs such as food, among others. The demographics mostly affected were women and youth, who have left communities and individuals in a transition mode and have brought many challenges that have altered daily routines, financial pressures, and social isolation. The organization, a registered charity, operates in Canada and Bor, Jonglei, South Sudan, and is dedicated to eradicating poverty, addressing gender inequality, and empowering women and girls. The fruition of this work would not have been accomplished without our staff, volunteers, and the generosity of our donors, who made our work a success here in Canada and South Sudan.



The Background

The Excel Empowerment Centre Inc. is a registered charity non-profit organization based in Winnipeg, Manitoba. It offers programming to war-affected newcomers, immigrants and refugees, women, children, girls and youth to acquire employment and overall wellness in their day-to-day lives in Canada. The mission and purpose of The Excel Empowerment Centre Inc. are to empower women, girls, and youth by giving them employable skills, Basic English literacy, introduction to computer usage, resume preparation and job search, tailoring and sewing classes, Covid-19 and vaccine awareness, presentation on Health and wellness, workshops (including trauma healing ,mental health, depression and gender violence awareness). There are also support groups helping women through painting and storytelling in a free and confidential environment.

Since 2019, we have strived to provide support and hope to families, neighbors' and communities in need, during the long and difficult period of the pandemic, and we continue that work now. Below are some of the programs that TEEC has achieved through its charitable activities, with support from our volunteers, the generosity of our donators, Canadian members, other organizations and all level of governments. These donors allow TEEC to provide



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services for our women, children, girls and youth to help them improve their lives here in Winnipeg, Manitoba and in Bor, Jonglei South Sudan.



Winnipeg programs.

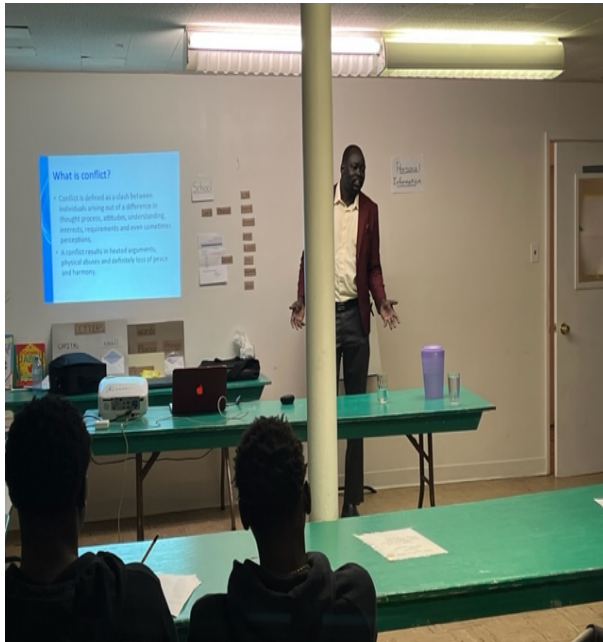
At our drop-in centre at 580 Victor Street in Winnipeg, and through our community outreach program, we were able to achieve the following:

- Our sewing training program continues thanks to the support of individuals who donated fabric, and with support from the Winnipeg Foundation, Thomas Sill Foundation and The Canadian Women's Foundation along with our key anonymous donators (including members who sent their donations through Canada-helps). Because of this we were able to acquire additional sewing machines and materials.
- Because of the funding TEEC received from those keys funders mention above, we continue to employ four women, on contract basis, to continue make dignity kits and comfort quilts.
- Through our partnership with the Winnipeg Harvest, we continue to receive food items and distribute them to those in need in the community.
- Our volunteer English as Second language educator, as well as our adult and youth volunteers, were able to assist both English conversation groups and on one-on-one tutorial.



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- We added two staff to our team on a contract basis: an assistant administrator and community outreach person. These positioned benefit youth and women in the community.
- TEEC developed a framework for resettlement for two families thanks to the support of our anonymous donor, the First Lutheran Church and with some of (TEEC) members. This allowed the families to connect in person with their love ones after many years of living apart.
- Through funding from Green Team Manitoba and The Canada Youth Summer Employment Program, along with one of our key supporters, David Cohen, we built on the success of the previous three years. We provided youth with two months of employment which assisted with youth and children with programming. The program included leadership skills development, personal development and recreation all of which help increase concentration among our young people. The youth summer program allowed participants to improve their social skills and to bond to bond with their community.
- TEEC was able to increase community awareness on the importance of engaging children and youth in social, educational, and recreational activities and the benefits that come with those activities. We were also able to provide nutritious food and healthy snacks through our community outreach program
- We offered painting, drawing, knitting, and storytelling for adult , youth and parents. The exchange of learning was also used as a way to overcome trauma and provide networking support to participants in our program.





Winnipeg beach

- The majorities of TEEC members came from war-torn countries and experienced post trauma in various forms but have helped shape TEEC as an organization that supports their creativity and talent.
- TEEC donated 57 quilts blankets to Ukraine newcomers, 43 to Afghanistan newcomers, and 3 to Rohingya and Congolese newcomer families newly arrived in Winnipeg.
- TEEC connects with other organizations to explore partnership opportunities such as immigrants and refugee service providers so that TEEC can enrich and increase the knowledge of available resources and opportunities to participants in the broad range of community.
- TEEC Conducted a 365 Peace Day event on October 27 to explore and to raise awareness about individual inner peace and also to raise funds to support programs and activities in Winnipeg and South Sudan.



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- One of the greatest awards that TEEC was bestowed with was the Queen's Platinum Jubilee awarded to our Executive Director, Mrs. Rebecca Deng. Mrs. Deng contends that the award is not because of her effort solely by herself, but this recognition was as a result of the contribution of the TEEC family, "From our donors, staff, volunteers, and participants, we strived to achieve some of the objectives for our women, girls, children and youth to be empowered to excel and rise above all obstacles." As Maya Angelou said, "We may encounter many defeats, but we must not be defeated".



TEEC's work in South Sudan is possible with the support of our key anonymous donor and MCIC

- By the end of 2022 our community Centre is near completion. This building is equipped with four classrooms, a hall, and washrooms. All that is left to do is the final touches, to put the fence around and some groundwork.

(TEEC) community Centre just completed



- A successful workshop on health and wellness and trauma healing awareness was conducted in Bortown; Jonglei, South Sudan, with over 50 participants taking part.



- During July, rain flooded the neighbourhood where our community centre is located. Sixty-seven family members, whose homes were flooded, took shelter at our centre. TEEC team in Canada and in South Sudan donated food items and other basic supplies totaling \$1500 along with emotional support. The community was very grateful.



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Conclusion

In 2022, The Excel Empowerment Centre Inc. carried out successful programs in Canada and South Sudan. Notably is our ongoing sewing training and employment of four women with the help of funding from the Winnipeg Foundation, among others. Our annual youth summer program, with funding from the Green Team Manitoba and the Canada Summer Job Program, among other donors, helped us to employ about 13 youths for two months from July to the end of August and run a fantastic outreach youth summer program. Besides our Peace Day and fundraising, we are exploring ways for social enterprise to empower women, youth, and those looking for employment. In South Sudan, the construction of our centre is almost completed, and what remain is fencing, groundwork, furniture, and securing operational funds to start the program. We count on our donors' generosity and commitment to staff and volunteers for a successful program in 2023.

Donors, Without the support of our donors this past year (2022), 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's Foundation**
- 3- **The Winnipeg foundation Be the Change fund**
- 4- **The Winnipeg Foundation one-time community**
- 5- **Thomas Sill Foundation**
- 6- **David Cohen/Jewish Foundation**
- 7- **Green Team Youth program**
- 8- **Canada Summer Job Youth Program**



To esteem donors,

The Excel Empowerment Centre team would love to give our heartfelt thanks for your generous Donations. Your compassion and kindness has brought our work into the light. The women/Girls, youths and children are happy and much stronger because of your support. Your care, support and love for humanity are demonstrated by choosing to be part of TEEC family and surrounding communities. Together with you, we are changing lives, improving families and building strong sustainable Communities. Thank you very much

Sincerely,
TEEC Team