



Annual Report

2016-17



Our Mission

For almost 40 years, Multiple Births Canada (MBC) has been a part of thousands of families across Canada.

Each year over six thousand new families find out that they are not just pregnant with one baby, but they are expecting two or more. *It is the Mission of MBC to Improve the quality of life for multiple birth individuals and their families in Canada.*

We fulfill our mission by providing support, education, research, and advocacy both nationally and internationally to individuals, families, affiliate chapters, and organizations that have a personal or professional interest in multiple birth issues. The current Board of Directors are committed to upholding this mission, and to continuing the work of the volunteers who came before us.

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Message from the MBC Chair Heather McAuley

As the Chair of Multiple Births Canada and an active member of my local affiliate chapter, I love to observe the similarities and differences in the chapters across our country. I like to join the Facebook pages for our chapters and for other groups across Canada and the US. I am always looking for new and different ideas. But no matter how

a chapter is run, how big it is, how they run their sales or where they are located, there is always something the same. **The Volunteers.** We also know that almost every MBC Chapter and most organizations out there are finding it harder to find volunteers.

Many times when I research getting volunteers, the information doesn't fully apply to our chapters or to MBC. That is because most of our volunteer base has experienced the life altering event of having twins, triplets or more. You don't have to have a pet to volunteer for the Humane Society, however, it is rare that you will volunteer for a multiples club if you don't have multiples. This means we can't use common volunteer recruitment strategies. We take the people that join our chapters, and then use their talents as best as we can. Sometimes it is hard to spot a talent that your chapter could use. Your current volunteers should observe those around them, ask questions and find out people's interests. This may lead you to an accountant that will do your finances, or a teacher that loves to plan parties. Don't always assume people will want to volunteer doing similar things as their jobs. Some people want a break to be able to do something completely different.

I find there are almost always these 5 types of volunteers in any group. Sometimes one person can embody more than one type and you may have more than one person per category. And some people are in a category all their own.

First, **the Leaders** (of course they are first). They are often the ones with the big ideas, charismatic and charming. They introduce themselves to strangers at the mall, on the playground or at school with, "I have twins too. I am in this group, you would love it."

Second, **the Workers.** This person may not want to be put on the spot to talk, but will take on any task that needs doing without complaint. They may not come up with the ideas, but will bring them to life.

Third, **the Questioners.** This helper is always asking questions like "Why is it that way?", "Have you thought about this?", or "What if we try it this way?". Many time and energy saving ideas come from this type of volunteer.

Fourth, **the Experienced.** This volunteer seems to have done it all. Sales, Chair, Treasurer, Secretary, Event Planner, New Parent Welcome and more. They move job to job with what appears to be ease. You can always ask them a question, because they have probably done it, and will have an answer or suggestion.

Fifth, **the Solvers.** Coming to the rescue with a way to save the day, the meeting, the party, the sale. They can think things over and find a way to make it work.

Do these sound familiar? Can you find yourself in at least one type? There is a flip side to each of these types as well. If a group isn't functioning well, they can turn into the Bossy, the Lazy, the Know Better, the Know it All, and the Over-stepper. Keeping everyone happy and working well together is a challenge.

When you think of the odds of having multiples, it is amazing that any of us have connected. More amazing still that almost 40 years ago, MBC was started across the country, and all by volunteers (and before the internet!!). Thanks to all our local and national volunteers, we wouldn't be here without you.

Highlights of 2016-17

The fiscal year of 2016-17 has come to an end. It has been a very busy year for Multiple Births Canada's Board and for multiple birth families across the country. This report contains many links to pages on our [website](#), where you can find more information. Follow the links to learn more about MBC and our efforts to connect with families.

- The [2016 National Multiple Births Awareness Day](#) theme was *Building Support for the Road Ahead*. This theme was designed to showcase how the road for each multiple-births family is unique, but having multiples is the tie that binds us together. The Board created new chapter supports, and launched a new Support Network for [Postpartum Depression/Anxiety](#).
- The 2016 [Annual Conference and AGM](#) was hosted by Durham Parents of Multiples (DPOM) and the theme was Reconnect/ Reenergize/ Reignite/ Remember. Delegates learned many new best practices, and remembered why we volunteer. The Board extends a special thank you to the hard work of the DPOM Conference Committee.
- The 2016 [Making a Difference Awards](#) and MBC Service awards were presented at the conference banquet evening. This year we presented the first winners of the MADA Chapter Award for outstanding local programs. Congratulations and thank you to all the winners for their contributions.
- Social media connections continue to be very important to our membership. Almost all the MBC [Support networks](#) have a presence on Facebook, along with our main FB group. We also tried something new and broadcasted live from the Conference using [Facebook](#) Live. We had a great turn out of members on very short notice, and will continue to use new technology to connect volunteers.
- MBC continues our international partnership with the [International Council of Multiple Births Organizations \(ICOMBO\)](#) and [International Society for Twin Studies \(ISTS\)](#). From ICOMBO, the 2016 International Multiple Birth Awareness Week (Nov 7-13, 2016) theme was [Adolescence in multiples](#): the transition from a child to an adult in a multiple birth relationship, and featured a book launch [Multiple Birth Siblings as Adolescents. A guide for parents of twins and higher order multiples](#).

MBC continues to be completely volunteer lead, with only one part time staff, Theresa Sanders. This means we could not do anything without the support of donors and volunteers. So many people volunteer for MBC in large and small ways throughout the year. This volunteer support is invaluable. MBC and our family's also count on your financial contributions. Whether it is your direct or chapter membership, sponsoring the annual conference, or donating directly to one of our campaigns, we thank you for your support.

2016 Conference Reflection

This past fall I had the privilege of attending the 2016 Multiple Births Canada Conference. The weekend was filled with different workshops with Keynote speakers on a variety of topics, which I found very informative, and quite helpful. I have taken new tools and ideas learned this weekend and implemented them into my daily life.

Prior to being invited to the conference, I had no knowledge of what MBC even was. I thought of MBC as a website, where I could find resources, discounts on attractions and information from time to time, and someone had mentioned I became a member of MBC with my chapter membership. Within minutes of arriving at the Multiple Births Canada Conference I knew that this organization was so much more. My eyes were suddenly widened with wonder and amazement. This was not just an organization that does great things to help and support Multiple Birth families across the country, but this was a family. A group of families that had 'been there' with every scenario you could think of when it comes to having and raising multiples. People whom had volunteered hundreds of hours of their busy lives to try and make a change, and have succeeded. More than anything, I was able to connect with many other people and now know that I am not alone. I now have this network of parents who have inspired me to become more involved with our own chapter, but also work on making a difference on a national scale.

Over this past weekend I made lasting friendships, I made many self realizations, and I made memories that will last a lifetime. Thank you so much to my chapter executive team for this opportunity, I will definitely be going to another conference sometime in the future.

Who's coming with me?

—Frances Keech

Why I volunteer?

Imagine finding out you were expecting twins a day before your youngest turned 2 and your oldest was just 3 years old. That was me, almost 20 years ago. Feeling scared and unsure of what lay ahead, and of my ability to cope and "survive" this life challenge; I sought my local chapter of Multiple Births Canada to give me some peace of mind and emotional support. I discovered parents surviving and thriving, made life long friendships, and met a group of passionate parents working on bettering the lives of current and future parents of multiples. How could I not volunteer my time and help future parents? Being able to give reassurance and emotional support provides an immeasurable amount of personal satisfaction. It also teaches my own children that life isn't about what I can get out of it, but what I can give back.

-Sheri Franklin

Volunteer and Donor Recognition

Board of Directors

2016-17

Cathy Brohman
Shirley Combden
Sheri Franklin
Tracey Jardine
Carolyn Leighton-Hilborn
Heather McAuley
Ruth Morton
Elaine Nugent

Donors and Sponsors

Cathy Barr
Sheila Catto
Shirley Combden
Carol Deck
Lisa Emons
Tim & Nicole Fisher
Erin Gall
Lynda Haddon
Tracey Jardine
Donna Launslager
Carolyn Leighton-Hilborn
Christian Martin
Heather McAuley
Theresa Meininger Sanders
Carmen Morrison
Ruth Morton
Nuala Nazarko
Elaine Nugent
Denyne Park
Kristy Reyner
Victoria Riley
Lisa Thompson
Susan Waters
Telus Communications
Edmonton Twin & Triplet Club
Durham Parents of Multiples
Halifax POMBA
Windsor/Essex POMBA
The Storage Zone

Advisory Board

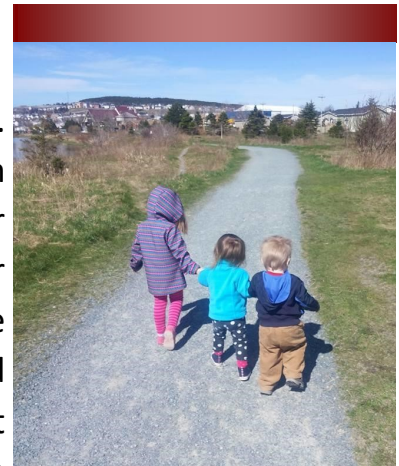
Dr. Fiona Bamforth, AB
Dr. Cathy Barr, ON
Dr. Jon Barrett, ON
Dr. Alan Bocking, ON
Laura Corbett, RN, Qatar
Jane Denton, UK
Dr. Audrey Huberman, ON
Dr. K.L. Jang, BC
Jean Kollantai, USA
Linda G. Leonard, RN, BC
Patricia Malmstrom, USA
Stephen Moreau, ON
Pat Preedy, UK
Cheryl Wadasinghe, ON

National Volunteers

Jacquelyn Agar
Sheila Catto
Murielle Dietrich
Nicole Fisher
Lynda Haddon
Julie Hallman-Brown
Patricia Harber
Valerie Hodgins
Erika Kafka
Olga Kutikov
Amy Lamb
Cathy Latouf
Carrie Lavergne
Josette McCauley
Muffy McKay
Renee Miron
Gail Moore
Lori Oldfield
Josée Roy
Theresa Sanders
Jennifer Shelswell
Jennifer Stephens
Tania Zulkoskey

2016-17 Financials

2016-2017 saw some significant changes in MBC's financials. With revenue down slightly, MBC continued to trim administrative costs bringing our expenses well in under budget. Donations continue to be a main source of income for MBC resulting in a 32% increase for this fiscal year. The restructuring of MBC has resulted in more resources dedicated to supporting and providing information to those that need it most – our members. MBC's main financial objective for the next fiscal year is to be successful in its granting / sponsorship requests.

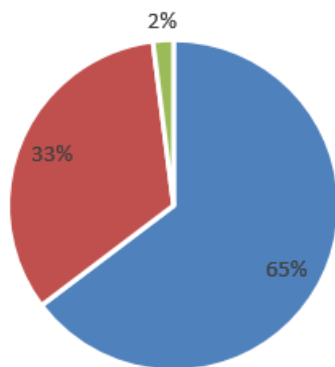


The MBC Board wishes to acknowledge those Chapters who quietly support the Board's activities by covering costs for us to attend Interim Meetings and Conferences/Retreats. Your generosity has touched us in many ways and we are forever grateful to all of you.

A copy of Multiple Births Canada's 2016-2017 financial statements can be found [here](#).

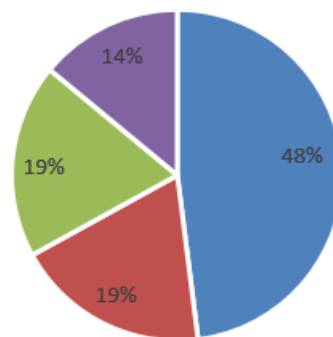
Why donate to MBC? Donating to MBC ensures that Canadian multiple-birth families receive the support, resources, connection, acceptance and information they need to get on with raising their amazing families.—*Long time MBC Donor*

2016-17 Income



■ Memberships ■ Donations ■ Earned Revenue

2016-17 Expenses



■ Program ■ Board of Directors / Meetings ■ Staffing ■ Office



Looking Forward

The MBC Board of Directors has set this year's [National Multiple Births Awareness Day](#) theme as Emotional Support and Wellness for Multiple Birth Families. It is important to MBC to ensure every new parent of multiples is aware of the signs and symptoms of Postpartum Depression and Anxiety, and the many ways they can reach out for support. Given the high rate of multiple birth families who suffer from PPD/A, the Board of Directors decided to bring this into the open and give a [voice](#) to those who are suffering.

Started in 2016 with the generous donations received through the Giving Tuesday drive, MBC will soon be launching a [promotional campaign](#) geared at reaching parents as soon as they find out they are expecting multiples. The Board developed a bilingual poster that will be mailed to each ultrasound clinic across Canada, both directly from the office and through our affiliate chapters. MBC understands that the best moment for

families to find out about the services and supports we offer is the moment they are feeling most overwhelmed right after that first ultrasound. We are excited to finally deliver these posters to affiliate chapters and clinics.

Other exciting news is our upcoming Webinar series. We are reaching out to multiple birth experts and booking webinars for the upcoming year. We hope to use this to connect our membership and offer everyone the opportunity to learn something new.

MBC will continue to focus on our affiliate chapters. It is our goal to offer more support, contact and resources. This year's Chapter Retreat "[Planting Seeds to Help Chapters BLOOM](#)" will include Peer to Peer training, and all other sessions and workshops will be geared towards working together to create stronger affiliate chapters. Through Board led workshops, Chapter exchanges and team building, everything is geared toward strengthening the skills of all MBC and chapter volunteers. Along with our ultrasound project, we are hopeful these resources will help reach more areas and increase our affiliate chapter numbers as well.

**Planting seeds
to help Chapters**



**Multiple Births Canada Annual
Volunteer Retreat & AGM
October 19th-22nd, 2017**

Pinestone Resort, Haliburton, Ontario



In 2018 MBC will celebrate 40 years as an organization. Plans are already well underway for an amazing weekend October 19th-21st, in Burlington, Ontario geared towards current members and alumni alike. Make plans to join us and celebrate MBC!

If you are interested in volunteering and helping MBC achieve these goals, or to provide support to multiples and their families in your area and across the country, please let us know ...we will find a perfect place for you!

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WWW.MULTIPLEBIRTHSCANADA.ORG