

BRIDGEPOINT
CENTER FOR EATING DISORDERS

2018-19
ANNUAL
REPORT

BOARD OF DIRECTORS

Anne Rankin - Chair	Dave Nelson
Karen Gibbons - Vice Chair	Amy Pickering
Marie Kleven - Secretary/Treasurer	Kayla Seipp
Sharon Lyons	

Dale Ternes - Saskatchewan Health Authority Liaison

BRIDGEPOINT TEAM



Leadership

Carla Chabot, Executive Director
 Lauralyn Blackburn, Program Director
 Helen Uhrich, Senior Program Facilitator

Office

Linda Bahr, Financial Co-ordinator

Program Facilitators

Lindsay Crowley
 Marilyn Erickson
 Fleurette Gallais
 Janelle Kapeller
 Louiese Kemp
 Sky Pryor
 Mandy Rafoss
 Barb Sanderson
 Janine Wagar

Kitchen & Night Support

Sandra Hellings, Kitchen Coordinator
 Barb Hannah
 Carole Evacheski
 Nannette Brooks

Housekeeping & Maintenance

Barb Hannah
 Barry Craig

2018-19

who we are...

STRATEGIC FRAMEWORK

OUR VISION

All persons affected by disordered eating experience discovery, recovery and healing.

OUR MISSION

BridgePoint Center for Eating Disorders is a provincial resource providing recovery based programming for people who are experiencing disordered eating.

OUR VALUES

Safety

A place where all are respected without judgement and experience physical, spiritual, emotional wellbeing

A participant centred focus

The participant is the expert in their experience and free to be their authentic self and the voice of their healing journey

Compassion

Embracing the uniqueness of each person with empathy, caring and kindness to build a sense of trust and belonging

Expertise

Excelling through competence in our specialty, knowledge, continuous learning, and a multidisciplinary holistic approach

Collaboration

The best outcomes result from working together and empowering our strengths through partnerships with others

*what we've been up
to... where we are
going...*

LEADERSHIP UPDATE



Our values are more than just words. We have committed to living and leaning into our core organizational values. Over the past year, we have routinely connected with our team to reflect and dive into how we can use these values to create a responsive and safe environment for participants. Involving continuous education, joining collectives, building relationships, and being accountable, we have continued developing and delivering our innovative program options.

One of the values that stood out this year as a theme that embodied all the work that we do is “Collaboration.” This collaboration starts with the work that our multi-disciplinary team and the board does on an ongoing basis. The team is always willing to take the extra time to connect people to resources and to work together with participants, caregivers, clinicians and their home teams. Our board spans the province geographically and brings a wealth of talent and expertise to us.

Collaboration extends provincially into how we continue to work with professionals within the Saskatchewan Health Authority, schools community partners and other non-profits and organizations across Saskatchewan. Interestingly, many of the successful collaborations have been between groups working on very different missions, or between non-profits and groups outside the non-profit field.

We were thrilled to be able to establish a relationship with the Learning Disability Association of Saskatchewan to refer participants into neurofeedback programming. Speaking to over 800 students leaders at the Saskatchewan Leadership Conference with one of our BridgePoint alumni brought us many connections to other schools and also launched a student ambassador program. Community partners have stepped up and provided grants, sponsorship, discounts, in-kind gifts and volunteer hours.

We also maintain a national and international presence collaborating with eating disorder organizations, specialists and projects within Canada and beyond. Our involvement as a provincial champion for Eating Disorder Awareness Week and World Eating Disorder Action Day allows us to meet and connect with outstanding advocates, professionals and volunteers from around the world. We are beyond excited about the work that we are doing with Body Brave and National Initiative for Eating Disorders on the development of an innovative e-learning platform. Also, technology has afforded us the ability to expand our pre-and-post program support options as we can now reach hundreds of extra people economically as they utilize our newly created monthly webinar series and guided visualizations.

The most successful outcomes are when we can collaborate and work together with different partners to create a more significant impact. In an age where funding is not always at a sustainable level, we have to be creative and leverage collaborations so that we can do more with less. We look forward to establishing and accelerate more innovative and effective partnerships moving forward.

Looking forward to this upcoming year is exciting as we continually evolve our innovative and evidence-informed programming. In addition to our ongoing residential programming, be sure to watch our progress as we are:

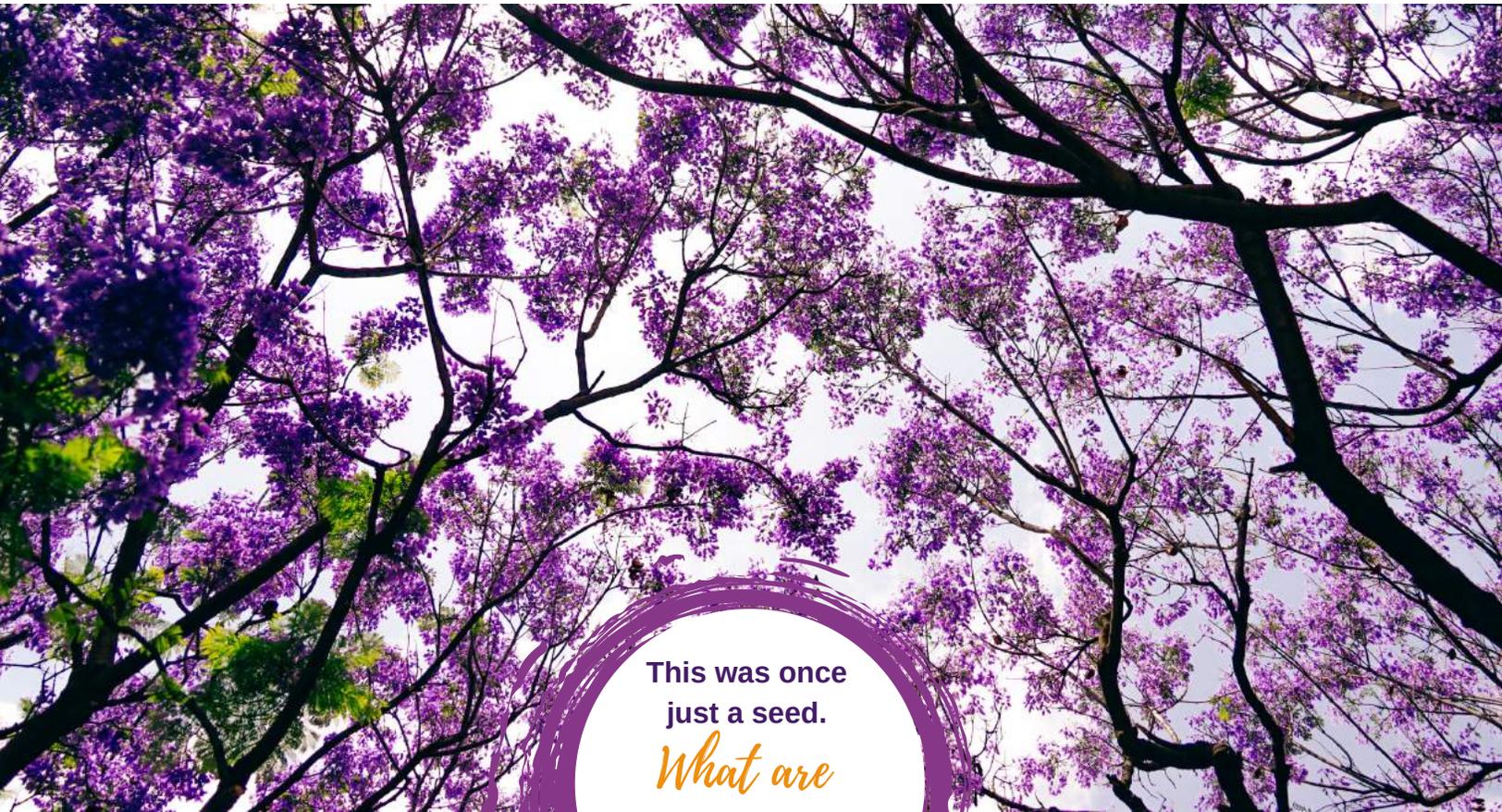
- Actively pursuing accreditation by Imagine Canada by identifying and reducing organizational risk, improving board governance practices, being transparent and accountable with finances and fundraising, and fostering a strong workforce.
- Monitoring and creating specific organizational strategies will help refine how we can continue as a trauma-informed culture.
- Launch a pilot project incorporating equine assisted learning into our programs.
- Offer many workshops for community members, professionals, and caregivers.
- Enhance our ongoing recovery support by developing additional sequential programming for those requiring additional support.

We hope that we can count on an increased and on-going commitment from our funding partners to continue to provide BridgePoint’s services to meet the increasing demand.


 Carla Chabot
 Executive Director







This was once
just a seed.
*What are
you planting?*

As winter retreats and spring beckons, it is a great opportunity to reflect on what in ourselves has lain dormant over the winter and is now ready to emerge. In the middle of winter, it can become easy to lose sight of the sun. We burrow further into our warm spaces and attempt to insulate ourselves from the harshness of the outdoors. Eating disorder recovery is very similar to the process of spring - growth and change is a vulnerable and courageous process. With each retreat and module, our participants and team get their hands in the dirt, plant seeds, nurture them and watch them grow. As an organization BridgePoint is also growing as we strive to meet the needs of the eating disorders community. We are finding new ways to reach more people, making new connections with service providers and continually checking in with the values upon which BridgePoint is built.

I look forward to a fantastic year of planting seeds of recovery, nurturing relationships, and being part of BridgePoint's growth.

Blackburn
Lauralyn Blackburn
Program Director

testimonials

"I love that BridgePoint is a safe place where I am welcome at any stage in my recovery. The changes to the program are great. I am excited to see BridgePoint growing."

"I came for connections and to self-reflect and accomplished both of these goals. I am never disappointed with my experience here – Team is amazing and nourish in ways you're not even aware you need."

"This is my second retreat and I am forever grateful to have this opportunity. I knew I would benefit from this week but I could not have predicted the peace and strength I have gained."

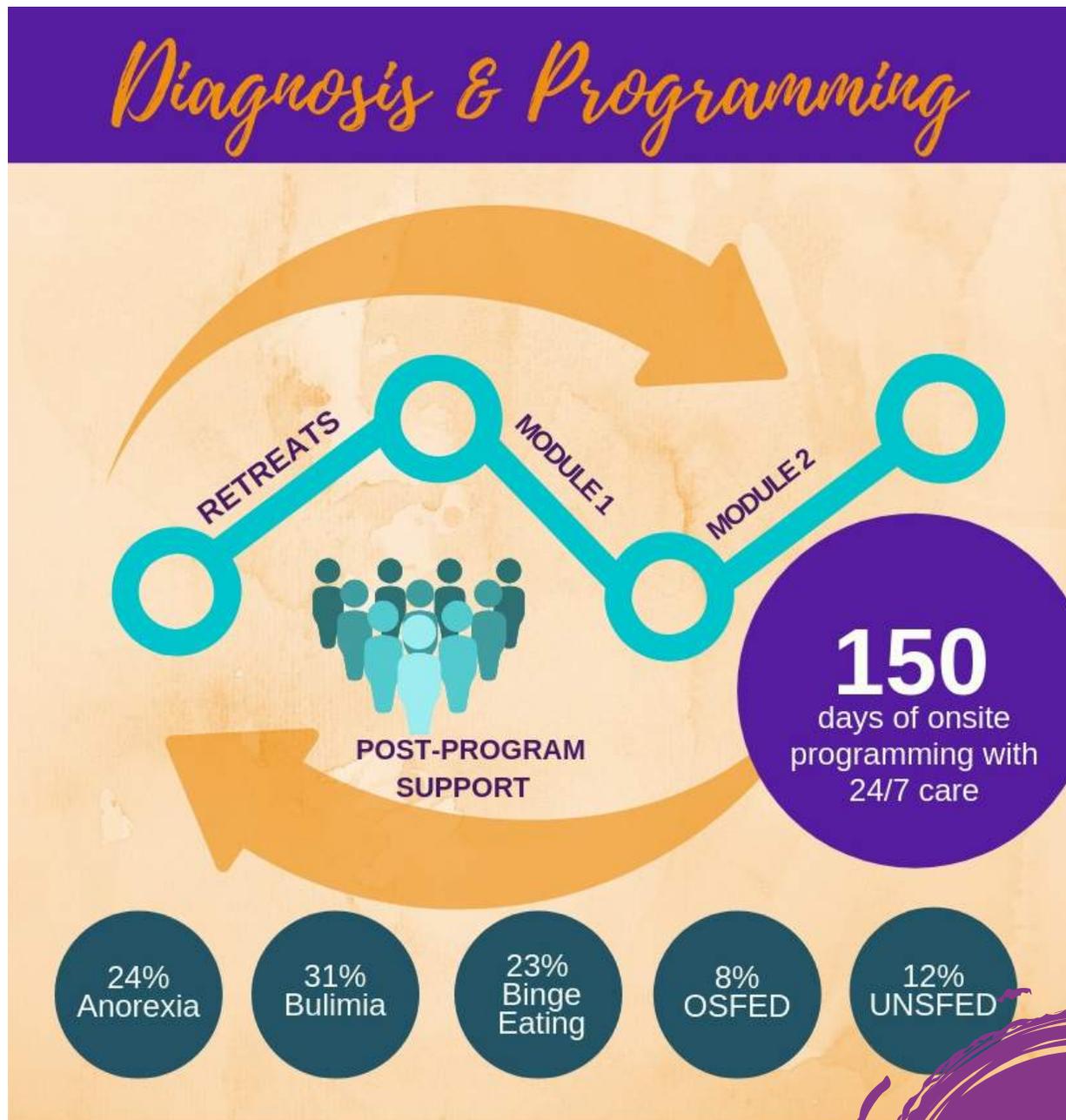
"This weekend gave more to me than I had ever expected. The connections I made with participants and Team are ones I will never forget. I have never been exposed to this type of therapy and I feel so at peace. I am so grateful for this experience and these people who made this weekend possible."

Recovery & Discovery

"I came looking for help to do things differently. The holistic approach addressed my emotional, neurological, and physiological challenges associated with bulimia. The group work was more than expected but enjoyable/difficult. It was reassuring to see there are others with similar struggles looking for change. "

"It exceeded anything I could have expected. I really connected to everything that was presented and found almost all of the exercises helpful. It was full but not overwhelming. Very well set up, organized and excellent quality. "

The initial stage of programming for a participant is to attend a retreat. Retreats are offered 8-10 times per year and participants are able to self-refer. Participants require counselor and physician support for subsequent modules determine medical and psychiatric stability. Once participants attend a retreat, they are able to apply for the longer and more intensive programming offered in Module 1 and Module 2.



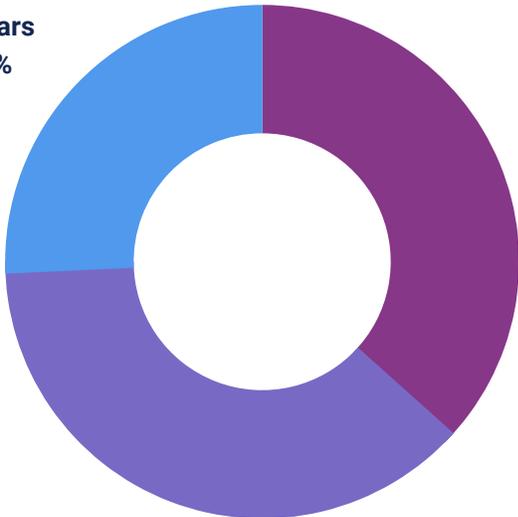
Participants, family, friends and professionals are able to access our team for support by emailing or calling our Recovery Support Line. This line is typically available Tuesday to Thursday from 9am to 9pm when programs are not in session. To meet demand, we have expanded our post programming support options to include a monthly Webinar Series and also a monthly Visualization Series that is available and archived on our YouTube page.

We are open and offering either residential programming or support over 300 days per year!!



PARTICIPANT AGES

41+ years
25.7%



26-40 years
37.6%

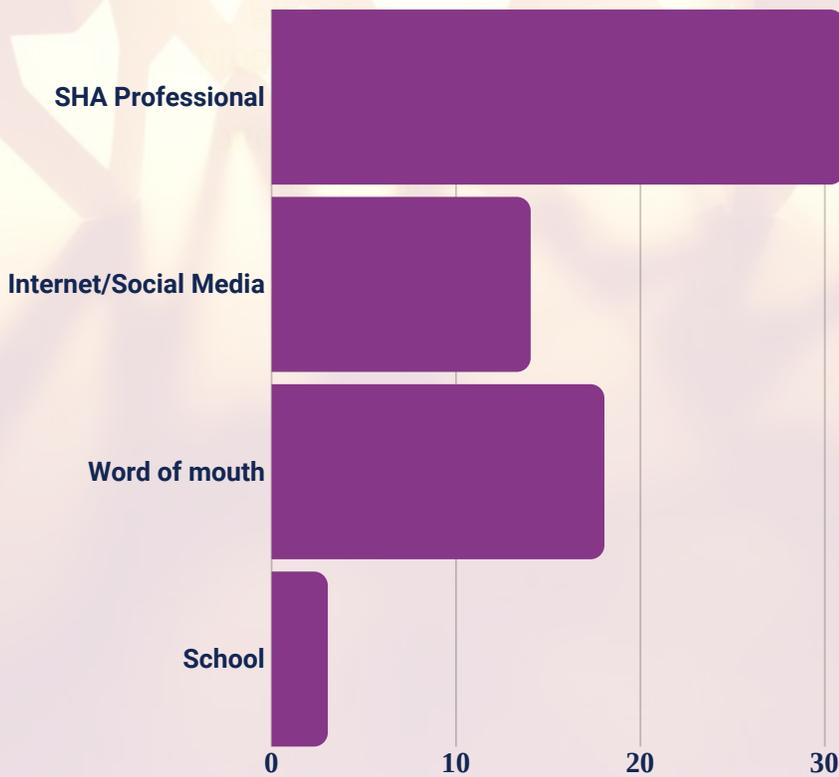
14-25 years
36.6%

Eating disorders don't discriminate. They affect all ages and demographics.

- 37% of our participants were youth (under 25 years)
- 61 % of our participants were new to our program
- 4% of our participants were men

Program Stats

Referrals



47%
of new participants this year heard about or were referred to BridgePoint by someone in SHA

Our programs continue to have a high demand. In the 14 programs we hosted in 2018-19, there was an average of 9 people on the wait list.

Average age of eating disorder diagnosis was reported as **18** years

Average Number of Years Struggling with Eating Disorder was reported as **17** years

40% of participants attended more than one stage of programming this year

Impact

Our program continues to receive both qualitative and quantitative feedback from our participants after every program. This year we also started measuring impact using the Eating Disorder Quality of Life Scale to help evaluate treatment effectiveness and progress.

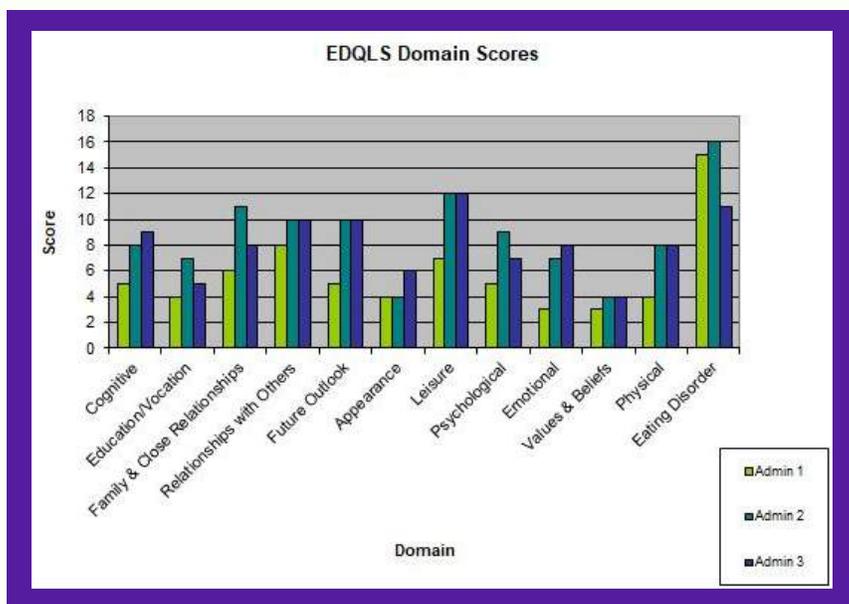
Increasingly, quality of life (QL) is seen as another crucial outcome measure for progressive, patient-centred programs across many health conditions.

Quality of Life is the outcome typically most valued by patients and their families - their involvement in treatment is ultimately aimed at a desire for a better life more broadly.

Participants rated our programs
4.5 out of 5
 based on presentation style, quality, content, tools learned, and facilitator knowledge.

80%
 of participants left with hope

SAMPLE: ACTUAL PARTICIPANT SCORE



Outcomes are focused on recovery and resilience models:
 Self knowledge & Insight,
 Sense of Hope,
 Strong Relationships,
 Personal Perspective & Meaning

"This program saved my life. It has made me have a whole new and positive and healthy view on life."

"BridgePoint has been the missing piece in my recovery. Module 1 has helped me find things out that years of therapy and self-help wasn't able to."

"This program has saved my life every single time I've come. I don't know where I'd be without this program."

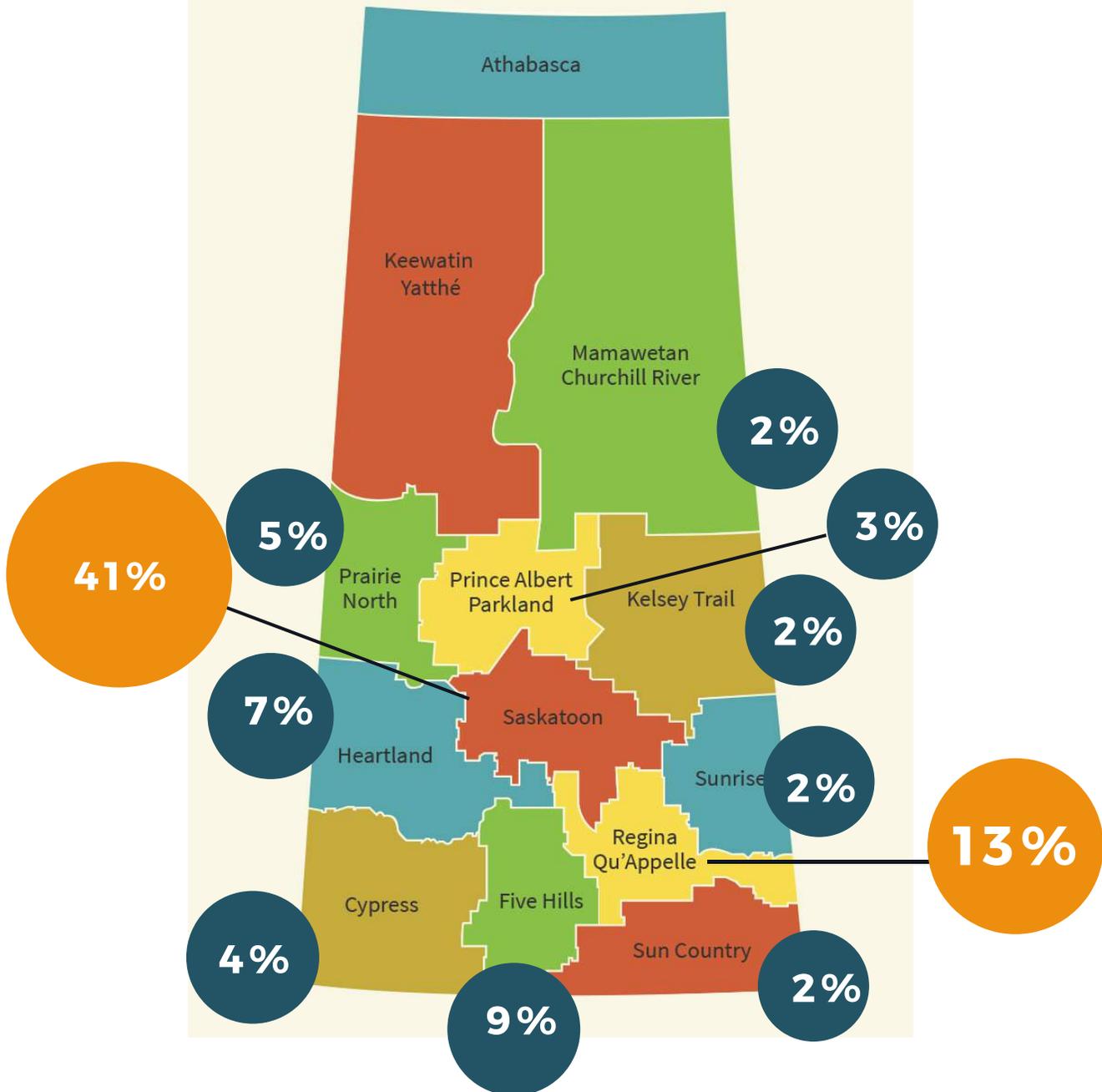
"This program went beyond my expectations. I was treated like a respected kind person who was struggling with food, rather than an eating disorder with a person stuck inside. I was amazed by the compassion, understanding and support I received."

"As someone who has struggled with anorexia for 20 years, this program has given me immense hope for long-term recovery. The team of staff are compassionate, dedicated, and knowledgeable about eating disorders and the magnitude of thoughts and emotions driving the behaviours. This program has helped me to avoid acute and emergency room services while providing so much more support. Ultimately, I am leaving this program not yet recovered, but with a depth of knowledge and insight into my mental health, many personal tools and skills to use at home, and supports set in place to help me continue on my path to recovery."

Hope & Healing Happen Here...

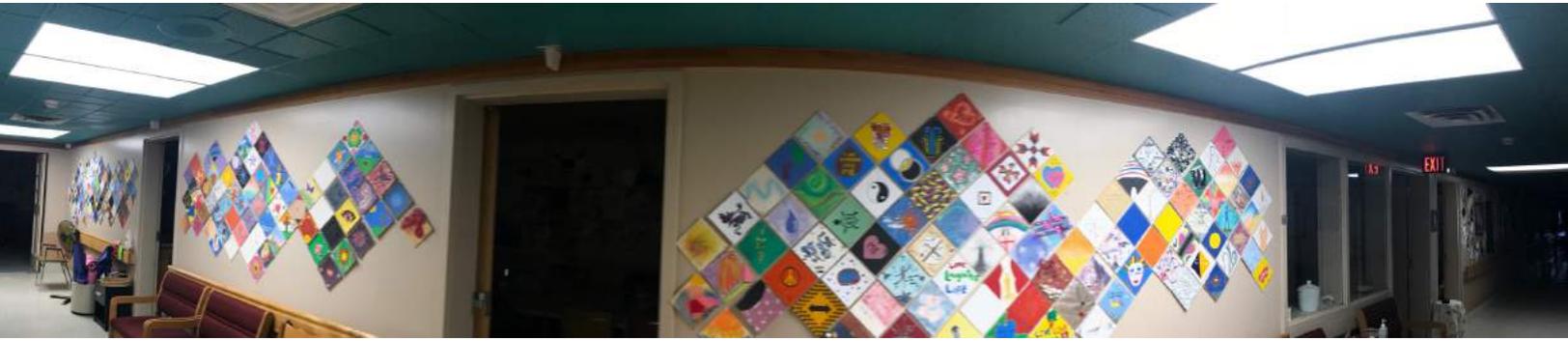
Former

Saskatchewan Health Regions



Demographics

Participants come from all over the Saskatchewan Health Authority- including all the former Saskatchewan Health Regions except for Keewatin Yatthe. Of the 101 participants we provided onsite programming to, 61% were new participants.



Collaboration

For the last 22 years, BridgePoint has provided an essential service as part of the continuum of healthcare in Saskatchewan. We look forward to continuing to develop our relationship and share our expertise with the SHA for years to come. The Saskatchewan Health Authority remains our primary funding partner. As our growth continues beyond our current funding, we rely on community partnerships, in kind donations and social enterprise.

Community

We are grateful to our community partners for their support. The additional revenue allows us to continue to make program development and expansion a reality. This year we were able to add air conditioning to critical areas of the building to ensure participant comfort. Our community partners were also able to help us "Keep the Lights On" with the installation of new LED lighting throughout the center .



Thank you for all personal donations, in-kind support and discounts, and memorials again this year. BridgePoint is registered as a Canadian charity and can provide tax receipts for all in-kind and cash donations over \$20.

Consider donating today!! Donate once or monthly, give securities or fundraise for BridgePoint using Canada Helps or via the PayPal Giving fund on Facebook.

Outreach & Education



Events & Activities during 2018-19

Presentations to Various Schools

Sunwest Roads To Success Career Fair with 16 schools from across the Sunwest School Division

Partnering organization on an innovative e-learning platform with Body Brave and National Initiative for Eating Disorders

Provincial Proclamation for Eating Disorder Awareness Week February 1-7

World Eating Disorder Action Day (June 6)

Saskatchewan Regional Mental Wellness Knowledge Exchange Resource Trade Show with Saskatchewan Institute of Indian Technology

Panelist at events hosted by UofS Student Wellness, Nourish YXE and Saskatoon Weight Attitudes and Disordered Eating

Featured in a special Healthcare Providers Week edition in the Leaderpost and Star Phoenix newspapers

Partnership with the Learning Disability Association of Saskatchewan to refer BridgePoint participants to neurofeedback programming

Mental Health for All Conference 2019 - CMHA National

EDAC-ATAC biannual conference

Nurse Practitioner Conference

SRNA Conference

YWCA Trauma Informed Workshop
Trauma Informed

Website and Social Media presence.
(Facebook, Twitter, Instagram, YouTube)



Philosophy

We provide...

- Support to Saskatchewan residents who are experiencing eating disorders and their support networks. Our approach is holistic with a focus on mind, body and spirit.
- A safe, comfortable, nurturing environment for individuals to heal that is separate from the stress of daily life.
- Ongoing, individualized support services and collaboration with the Saskatchewan Health Authority professionals and care teams.
- Ongoing interdependent planning among BridgePoint, the Saskatchewan Health Authority and the province.

Just call or email
to arrange training
for your group or
organization!

Available for Consulting, Workshops, Presentations & Training:

- Daring Greatly - Brene Brown
- Emotion Focused Family Training
- SafeTalk
- Applied Suicide Intervention Support Training
- Equine Assisted Learning
- Other individualized training based on your needs!

Prevalance

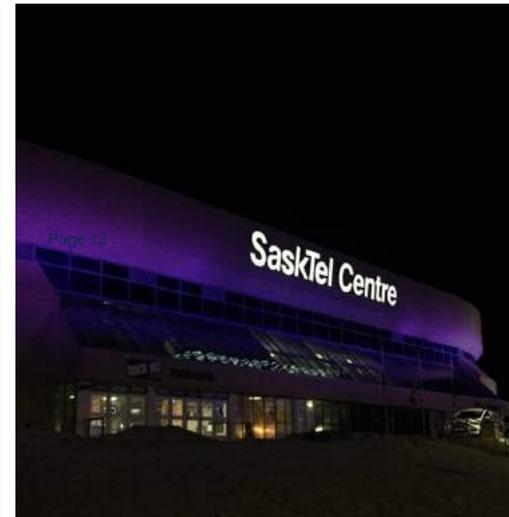
Eating disorders have a devastating impact on millions of people in Canada, and this is why the funding and treatment of Eating Disorders can no longer be put on hold. One in ten people suffering with an Eating Disorder will die. Eating disorders have the highest mortality rate of any mental illness.

1,000,000

CANADIANS
STRUGGLE WITH
EATING DISORDERS...

that's almost the
entire population
of Saskatchewan.

AND THAT'S WHY
Eating Disorders
Can't Afford to Wait



Eating Disorder Awareness Week #EDAW2019 #showusyourpurple

“Eating Disorder Awareness Week recognizes all people affected by eating disorders. BridgePoint is an important community-based provider that supports Saskatchewan people seeking treatment for eating disorders, and our government is pleased to join them in recognizing Eating Disorder Awareness Week.”

SASKATCHEWAN MINISTER OF HEALTH
JIM REITER

“As part of our vision – Healthy People, Healthy Saskatchewan – the Saskatchewan Health Authority is committed to providing programs and services that support the people of Saskatchewan in all aspects of their health and wellness, including mental health. We support initiatives like Eating Disorders Awareness Week to help bring attention to the challenges faced by many and encourage them and their families to access the supports available to them.”

SASKATCHEWAN HEALTH AUTHORITY
CEO SCOTT LIVINGSTONE

Participant Corner

Before I walked through these doors, I was a victim. A victim of my disease. Now I am a warrior in the battle for survival. The biggest battle of my life... The world goes on around me as I fight this battle. No one knows, no one sees. Can a battle be won in silence? I am losing the fight when I am silent. I can feel the blows one after another. I get cornered then angry as I attempt to throw a punch. My fists hit empty air. How do you retaliate against something you cannot see?

How do I get out of the corner? As I lay beaten, battered and alone, I glimpse a hand being reached out to me. Ahead, a bridge is beckoning to me. In my mind I think, "Do I cross that bridge"? I am terrified of doing so. What if I cross and it closes? What if I can't do it? What if I run out of air or the pain gets too great to cross? What if it catches me and drags me back? What if I just lay here quiet, beaten, along, safe from the unknown of the bridge fighting a fight I know I can no longer win where I am now? But at least it's familiar to me. If I stay, will I win? No. Will I die? Yes.

So, I choose. I choose to drag myself across the bridge toward the hand that is calling to me. The pain is great. The coldness of the stones as they press and pierce my body is tearing at my flesh. Then I reach the top of the bridge. I feel the sun on my back warming me and there is hope. I see others across the bridge. It was not just one hand—it was many linked together to form a chain so they could reach me and beckon me.

I take a deep breath, get to my knees and turn. Again, the choice is mine which way I go. Back to what I know or into the hands and the unknown. I close my eyes and take a deep breath. I can feel the air as it fills my body. I lift my hand and press it on my heart. I feel the pulse beating within me and I decide. With a leap of faith, I jump to the other side as the hands reach out to catch me. When they catch me, I collapse. I am exhausted. I am beaten. My war-torn body lays exposed before them. I think there is nothing left. I am done as I close my eyes and drift off to sleep. I awake to see I have been cared for. My wounds have been dressed and starting to heal. The pain has lessened.

I feel the warmth of **hope** spreading through my veins. I feel the press of a spoon against my lips. I see the steam rise up from the spoon and fills my nostrils with a scent I've never known.

Again, I choose. I choose to open my mouth and taste this unfamiliar nourishment. The broth feels warm as it fills my mouth and it flows down to my stomach. I choose to eat. I am no longer cold. A new day has begun. I can hear the birds as the sun spreads its light across the sky. **A new day to battle, a new day to fight.**

I am a warrior. I am strong.

I begin my battle cry.





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www.bridgepointcenter.ca

BridgePoint Center Inc.

Financial Statements
March 31, 2019



Independent auditor's report

To the Directors of BridgePoint Center Inc.

Our opinion

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of BridgePoint Center Inc. (the Entity) as at March 31, 2019 and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

What we have audited

The Entity's financial statements comprise:

- the statement of financial position as at March 31, 2019;
- the statement of revenue and expenses for the year then ended;
- the statement of changes in fund balances for the year then ended;
- the statement of cash flows for the year then ended; and
- the notes to the financial statements, which include a summary of significant accounting policies.

Basis for opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Independence

We are independent of the Entity in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada. We have fulfilled our other ethical responsibilities in accordance with these requirements.

PricewaterhouseCoopers LLP
128 4th Avenue South, Suite 600, Saskatoon, Saskatchewan, Canada S7K 1M8
T: +1 306 668 5900, F: +1 306 652 1315

PwC refers to PricewaterhouseCoopers LLP, an Ontario limited liability partnership.



Responsibilities of management and those charged with governance for the financial statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Entity's financial reporting process.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Entity's ability to continue as a going concern. If



we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Entity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

PricewaterhouseCoopers LLP

Chartered Professional Accountants

Saskatoon, Saskatchewan
June 25, 2019

BridgePoint Center Inc.

Statement of Revenue and Expenses

For the year ended March 31, 2019

	2019 \$	2018 \$
Revenue		
Saskatchewan Health Authority	586,964	586,964
Government of Saskatchewan	9,358	33,633
Other grants	5,500	-
Other recoveries	4,719	10,132
Donations	4,192	8,616
Interest	1,282	810
Canada Post Community Foundation	-	14,000
Dakota Dunes Community Development Corporation	-	5,000
	<u>612,015</u>	<u>659,155</u>
Expenses		
Administrative		
Salaries and benefits	25,643	37,714
Telephone, fax and website	10,045	9,088
Professional fees	8,348	7,513
Advertising	7,535	6,487
Travel	5,252	1,762
Office	4,637	4,969
Leases	2,276	2,276
	<u>63,736</u>	<u>69,809</u>
Facility		
Repairs and maintenance	54,610	31,284
Rent	18,250	18,250
Utilities	17,413	16,837
Insurance	3,875	3,060
Bank charges and interest	420	464
	<u>94,568</u>	<u>69,895</u>
Programming		
Salaries and benefits	440,553	371,956
Training	29,815	31,968
Food	17,685	19,510
Supplies	7,204	8,592
Courses	5,401	37,237
	<u>500,658</u>	<u>469,263</u>
	<u>658,962</u>	<u>608,967</u>
Amortization	5,890	4,914
	<u>664,852</u>	<u>613,881</u>
Excess (deficiency) of revenue over expenses	<u>(52,837)</u>	<u>45,274</u>

The accompanying notes are an integral part of these financial statements.

BridgePoint Center Inc.
Statement of Financial Position
As at March 31, 2019

	2019 \$	2018 \$
Assets		
Current assets		
Cash	176,478	258,101
Accounts receivable	8,373	10,571
Prepaid expenses	6,319	5,631
GST receivable	7,288	6,233
	198,458	280,536
Restricted cash – Charitable Fund	75,576	71,384
Capital assets (note 2)	31,125	14,071
	305,159	365,991
Liabilities and Fund Balances		
Current liabilities		
Accounts payable and accrued liabilities	25,440	33,435
Fund balances		
Operating Fund	204,143	261,172
Charitable Fund	75,576	71,384
	279,719	332,556
	305,159	365,991

Commitments (note 3)



Approved by the Board of Directors

Ann M. Rankin Director R. Marie Keven Director

The accompanying notes are an integral part of these financial statements.

BridgePoint Center Inc.
Statement of Changes in Fund Balances
For the year ended March 31, 2019

	2019			2018		
	Operating Fund \$	Charitable Fund \$	Total \$	Operating Fund \$	Charitable Fund \$	Total \$
Fund balances – Beginning of year	261,172	71,384	332,556	224,514	62,768	287,282
Excess (deficiency) of revenue over expenses for the year	(57,029)	4,192	(52,837)	36,658	8,616	45,274
Fund balances – End of year	204,143	75,576	279,719	261,172	71,384	332,556

The accompanying notes are an integral part of these financial statements.

BridgePoint Center Inc.

Statement of Cash Flows

For the year ended March 31, 2019

	2019 \$	2018 \$
Cash provided by (used in)		
Operating activities		
Excess (deficiency) of revenue over expenses for the year	(52,837)	45,274
Item not involving cash		
Amortization	5,890	4,914
	<u>(46,947)</u>	<u>50,188</u>
Changes in non-cash operating working capital		
Accounts receivable	2,198	(10,571)
Prepaid expenses	(688)	406
GST receivable	(1,055)	2,227
Accounts payable and accrued liabilities	(7,995)	21,235
	<u>(7,540)</u>	<u>13,297</u>
	<u>(54,487)</u>	<u>63,485</u>
Investing activities		
Purchase of capital assets	(22,944)	(7,759)
Transfer to restricted cash – Charitable Fund	(4,192)	(8,616)
	<u>(27,136)</u>	<u>(16,375)</u>
Net change in cash	(81,623)	47,110
Cash – Beginning of year	<u>258,101</u>	<u>210,991</u>
Cash – End of year	<u>176,478</u>	<u>258,101</u>

The accompanying notes are an integral part of these financial statements.

BridgePoint Center Inc.

Notes to Financial Statements

March 31, 2019

Description of business

BridgePoint Center Inc. ("BridgePoint") is a registered charitable organization and was incorporated under the Non-Profits Corporations Act of Saskatchewan.

BridgePoint, a provincial resource, provides program options that include intensive rehabilitation, recovery and healing for persons who are experiencing an eating disorder. This organization is exempt under the Income Tax Act.

1 Significant accounting policies

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations and are in accordance with Canadian generally accepted accounting principles.

Revenue

BridgePoint follows the deferral method of accounting for contributions, which includes grants and project funding.

Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Externally restricted contributions are recognized as revenue in the year in which the related expenses are recognized.

Revenue from the rendering of services is recognized upon performance of the service and when the amount to be received can be reasonably estimated and collection is reasonably assured.

Use of estimates

The preparation of financial statements requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amount of revenue and expenses during the reporting period. Significant items subject to such estimates and assumptions include the useful lives of capital assets. Actual results could differ from these estimates.

Cash and cash equivalents

Cash and cash equivalents are comprised of cash balances and term deposits, if any, with original maturities of three months or less.

Cash and cash equivalents are available for meeting short-term cash commitments rather than for investment or other purposes.

BridgePoint Center Inc.

Notes to Financial Statements

March 31, 2019

Capital assets

Capital assets are recorded at cost. Normal maintenance and repairs are expensed as incurred. Capital assets are amortized using the declining balance method from the date of acquisition as follows:

Office equipment	20%
Computer hardware	30%
Maintenance equipment	30%
Leasehold improvements	20%

Fund balances

The operating fund represents the accumulated excess of revenue over expenses net of allocations to/from other fund balances.

The charitable fund represents the accumulated excess of charitable donations that have been received over charitable expenses net of allocations to/from other fund balances.

Financial instruments

Financial assets and financial liabilities are initially recognized at fair value when BridgePoint becomes a party to the contractual provisions of the financial instrument. Subsequently, all financial instruments are measured at amortized cost using the effective interest rate method.

Financial assets are tested for impairment at the end of each reporting period when there are indications that the assets may be impaired.

With respect to financial assets measured at amortized cost, BridgePoint recognizes in net income an impairment loss, if any, when it determines that a significant adverse change has occurred during the period in the expected timing or amount of future cash flows. When the extent of impairment of a previously written-down asset decreases and the decrease can be related to an event occurring after the impairment was recognized, the previously recognized impairment loss is reversed to net income in the period the reversal occurs.

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2 Capital assets

			2019	2018
	Cost	Accumulated amortization	Net	Net
	\$	\$	\$	\$
Office equipment	10,812	9,706	1,106	1,382
Computer hardware	24,174	20,076	4,098	5,855
Maintenance equipment	12,539	11,164	1,375	1,964
Leasehold improvements	37,968	13,422	24,546	4,870
	<u>85,493</u>	<u>54,368</u>	<u>31,125</u>	<u>14,071</u>

3 Commitments

Effective April 1, 2003, BridgePoint entered into a 99 year lease agreement for the use of its operating facility. Effective April 1, 2012, the annual rental rate was renegotiated to \$18,000 and is payable in monthly instalments of \$1,500. This rental rate is reviewed and renegotiated, as necessary, every three years.

BridgePoint also has obligations under a 60 month term operating lease agreement for a photocopier. Future minimum lease commitments over the next five years related to the operating facility and photocopier leases are as follows:

	\$
2020	20,384
2021	20,384
2022	18,993
2023	18,000
2024	18,000
	<u>95,761</u>

4 Financial instruments and risk management

The carrying values of cash and cash equivalents, accounts receivable, and accounts payable and accrued liabilities approximate their fair value due to the short period to maturity of the instruments.

BridgePoint is not exposed to significant market or credit risk. Credit risk related to cash is minimized by dealing with financial institutions that have strong credit ratings. Credit risk related to accounts receivable is considered minimal as accounts relate primarily to accounts receivable from federal and provincial government departments.

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Liquidity risk is the risk that BridgePoint will be unable to fulfill its obligations on a timely basis or at a reasonable cost. BridgePoint manages its liquidity risk by monitoring its operating requirements. BridgePoint prepares budget and cash flow forecasts to ensure it has sufficient funds to fulfill its obligations. BridgePoint has access to a \$50,000 operating line of credit that bears interest at the prime lending rate plus 1%.

5 Comparative figures

Certain comparative figures have been reclassified to conform with the current year's presentation.