“Your hard work and compassion have an immeasurable positive effect on the life of each young child we work with.”

- GLORI MELDRUM
REPORT FROM THE
LITTLE WARRIORS’ FOUNDER
AND CHAIR, GLORI MELDRUM

Ten years ago, a team of dedicated volunteers, donors and avid supporters achieved the seemingly impossible.

With private funding, hard work and an abundance of determination, we established Little Warriors. Over time, we built it into what it is today: a national, charitable organization taking action and making real progress in the awareness, prevention and treatment of child sexual abuse.

This is a huge milestone for everyone involved with Little Warriors and the Be Brave Ranch, and I want to say a heartfelt thank you to all the people who made it possible. Without you—our dedicated staff, Board of Directors, volunteers, donors, sponsors and funders—we wouldn’t be able to help so many children reclaim their childhoods.

I’m happy to say that we’re still growing and evolving to better serve the children and families who rely on us for support and treatment.

This year, more than 100 survivors of child sexual abuse participated in the program at the Be Brave Ranch. Our unique, multimodal, trauma-informed evidence-based treatment program significantly reduced their symptoms of PTSD, anxiety and depression, and we saw them rediscover hope and happiness. We also expanded our offerings at the Be Brave Ranch to include a treatment program for teen girls aged 13-16 who have suffered sexual abuse.

On the awareness raising and prevention front, we continue to educate adults across Canada and around the world through our Prevent It! workshop. This past year, more than 3,300 adults took the workshop and learned how to take steps to protect children from sexual abuse.

One of my highlights from this milestone year—and truly, there have been many—was the arrival of an adorable new addition to our therapeutic team. His name is Rugby, and he’s a facility trauma dog trained by Dogs with Wings. Ever since he was introduced at our annual Be Brave Luncheon, he’s been spreading joy among the children and adults at the Be Brave Ranch. It’s heartwarming to see how much he enhances our healing environment.

Let me end by saying that I am as proud as ever of our passionate, dedicated staff, our tireless Board of Directors and our precious donors, volunteers and supporters who make this transformative work possible. Your hard work and compassion have an immeasurable positive effect on the life of each young child we work with.

Warmest regards,

Glori Meldrum, B. Comm
Founder and Chair
ABOUT LITTLE WARRIORS

Little Warriors is a national, charitable organization committed to the awareness, prevention and treatment of child sexual abuse. Little Warriors also provides information about the prevalence and frequency of child sexual abuse and information about healing and support resources. Little Warriors opened the Be Brave Ranch in the fall of 2014. The Be Brave Ranch is a facility that offers a trauma-informed, family-oriented treatment program that combines multiple proven therapies for children aged 8-12 who have been sexually abused. A pilot program for 13-16 year old girls began in the fall of 2018.

VISION

Little Warriors is a national, charitable organization committed to the awareness, prevention and treatment of child sexual abuse.

MISSION

Little Warriors is committed to providing:
- Awareness and information about child sexual abuse
- Child sexual abuse prevention strategies to adults through education
- Information about healing and support resources
- A treatment facility to help children cope with the devastating effects of child sexual abuse
AWARENESS
• Relay a culturally sensitive, fundamental prevention education message tailored to the needs of the growing multi-cultural and Indigenous communities across Canada.
• Increase access to community resources. Provide Canadians with local and national child sexual abuse resource information.

PREVENTION
• Spread the message of responsibility, action and hope by training specially selected volunteers to deliver the prevention workshop to adults across Canada.
• Reduce the stigma of child sexual abuse by promoting discussion, changing adults’ behaviour and equipping them with a comprehensive toolkit to enable them to help prevent its occurrence.
• Create roadblocks for sexual predators and encourage organizations to incorporate mandatory child sexual abuse prevention policies and procedures.

TREATMENT
• Create warrior-like compassion. Commit to bringing access to a long-term treatment centre to all children across Canada who have been sexually abused.
• Provide a safe and secure treatment centre for children and youth who have been sexually abused.
• Address, not suppress, the core mental health issues stemming from child sexual abuse. Open up the door for children to access a vital mental health treatment service.
• Help to fill the mental health gap of time-delayed traditional child sexual abuse counselling methods, and provide effective clinically focused treatment that is the first of its kind in Canada.

For more information please visit littlewarriors.ca
WHO WE ARE

IN 2017/18, OUR DEDICATED BOARD OF DIRECTORS CONSISTED OF THE FOLLOWING:

Glori Meldrum, Chair
Jason Pincock, Vice Chair
Dwayne Stang, Treasurer
Tim Kirby, Director
Guy Mersereau, Director
Beth Riley, Director
Marcie Kiziak, Director
Eman Oliver, Director
Kirsten Hayne, Director
Kim Knull, Director

STAFF

Our exceptional staff members dedicate countless hours to the success and growth of Little Warriors. We thank all of them for their commitment to the awareness, prevention and treatment of child sexual abuse. Your dedication is greatly appreciated.

“This year over 100 survivors of child sexual abuse participated in the program at the Be Brave Ranch.”
– GLORI MELDRUM
VOLUNTEERS

Volunteers from the VETS Group helped us with much needed spring clean up of the Ranch property, clearing fallen trees and brush along the fence lines.

At Little Warriors we owe a lot of our success to the hard work of multiple volunteers. We have volunteers who provide administrative support and help us with special events throughout the year, and others who come out to the Be Brave Ranch for work days to help us paint, fix fences, clean up the grounds and more.

All of the Little Warriors Prevent It! workshops are run by trained volunteer facilitators who dedicate their time to teach adults about how they can help prevent and respond to child sexual abuse.

PREVENT IT! VOLUNTEER FACILITATOR PROFILE

How long have you volunteered for Little Warriors?
Eight years. I had first attended the training as a parent to learn how to protect my own children from sexual abuse, and I was so impressed by the simple strategies that you can use to prevent it, that I applied to become a volunteer facilitator.

What do you find rewarding about volunteering as a Prevent It! facilitator?
The Prevent It! workshop brings groups of people together to talk about a subject which is rarely spoken about. Creating this safe space where people can openly discuss sexual abuse in a way that is comfortable and informative is by far the most rewarding part of being a facilitator of the Prevent It! workshop. The only way we will ever stop the shame and secrecy that surrounds sexual abuse is to start talking about it. It is an amazing feeling watching people leave the workshop empowered to do what they can to stop sexual abuse.

To find out how to become a Little Warriors volunteer, please visit littlewarriors.ca.

NAME: Sandra Davis
CITY: Calgary, AB

For more information please visit littlewarriors.ca
COMMUNITY GIVING

FUN FOR FANS
We were picked as one of the charities to benefit from the Fun for Fans Initiative through the Alberta Standardbred Horse Association (ASHA) and receive the proceeds from the horse OutlawIntriguedbyu for November and December at Northlands. Our horse won two races, and we received a $2,000 cheque for her winnings. We also sold 50/50 tickets to the fans at Northlands during the races and knocked it out of the park, raising $2,206.75!

A big thank you to our volunteers who sold the 50/50 tickets, to Colleen and Fred from ASHA, and to Scott from Northlands for pulling it all together. It was a joy to be involved!

CLARK BUILDERS COMMUNITY FOUNDATION
This year, Clark Builders Community Foundation (CBCF) launched the Spread the Love Campaign, which allows employees in each geographical division to select a non-profit organization in their area to be supported by that division and CBCF throughout the year.

We were thrilled to learn that employees of Clark Builders chose Little Warriors as the non-profit organization for the Northern Alberta division. Wanting to do more than raise money, the Clark Builders Edmonton Social Committee and CBCF held a donation drive in August to help fill the Magic Room at the Be Brave Ranch.

On behalf of the children at the Be Brave Ranch, we thank the team at Clark Builders for helping to bring joy to children who have been sexually abused.

“It was a joy to be involved!”
- LAURIE SZYMANSKI, CEO
“To move forward, you have to give back” – OPRAH WINFREY

**BELMEAD SCHOOL**

The Grade 5 students at Belmead School in Edmonton were part of an Entrepreneurial Adventure program that worked with business mentors from BMO Financial Group and The Learning Partnership to raise funds for their charity of choice: Little Warriors. Students hosted a Leadership Carnival in April and a Movie Theatre Afternoon in May and raised more than $900 for the Be Brave Ranch.

We would like to sincerely thank these amazing kids and their teacher Sheila. It is super cool to see kids helping kids.

**NAIOP**

NAIOP Edmonton is the definitive voice of commercial development in Alberta’s Capital Region. We were honoured to be the chosen charity for their annual golf tournament once again this year.

**MEDICINE SHOPPE**

Suhas and his team from the Medicine Shoppe in Sherwood Park provide our staff at the Ranch with Medication Administration training.

When children are on site at the Ranch, Suhas and his team help us by reviewing all medications to ensure there are no discrepancies. They also provide us with all of the information pertaining to the medications so that our team knows the purpose of each medication.

Our sincere thanks to Suhas and his team at the Medicine Shoppe Pharmacy for their ongoing support of the Little Warriors Be Brave Ranch.

For more information please visit littlewarriors.ca
THE BE BRAVE RANCH

The Little Warriors Be Brave Ranch is a long-term, trauma-informed evidence-based treatment centre solely focused on helping children who have been sexually abused, as well as their families. Our program is for girls and boys from 8-12 years old, and starting in the fall of 2018, we began the pilot program for girls aged 13-16. The Be Brave Ranch gives child sexual abuse survivors the essential support they need to grow into happy, healthy adults.

Children come to the Be Brave Ranch for more than 200 hours of multimodal therapy over a one-year period. The program starts with an initial 28-day intensive stay at the Ranch. During that time, children form close relationships with other members of their peer group (cohort). Each cohort consists of a maximum of six children. Throughout the year, children return to the Ranch for three additional 12-day stays to continue their face-to-face therapy and reconnect in person with their cohort.

Throughout the year-long program, the multimodal therapy for children and their families run by clinical professionals includes:

- Trauma Focused-Cognitive Behavioural Therapy (TF-CBT)
- Relational and Milieu Based Interventions
- Individual and Group Therapies
- Expressive Art Therapy
- Animal Assisted Therapy
- Play Assisted Interventions
- Peer Group (cohort) Support
- EMDR
- Yoga
- Indigenous Elder Support and Cultural Teachings
- Sensory Based Interventions
- Recreational Activities
- Ongoing Family/Caregiver Supports

Clinical results confirm the success of the treatment program, including an almost 50% reduction in child post-traumatic stress disorder scores (PTSD).
Therapy is provided in an enriched “camp-like” environment where children also have lots of fun! Being in cohorts helps each child recognize they are not alone, and connects them with peers who have experienced similar traumas. The children form long-term relationships with deep bonds that help to facilitate their healing process.

Child sexual abuse affects the whole family so our program uses a family-centred approach, providing ongoing clinical support to parents/guardians. Parents also frequently visit the Ranch and stay overnight. They also remain in touch with their child on a daily basis while the child is in residence. The Be Brave Ranch provides a safe environment for the child and their family to heal.

Clinical results confirm the success of the treatment program, including an almost 50% reduction in child post-traumatic stress disorder scores (PTSD), a reduction in the number of children experiencing PTSD, significant reductions in depression and anxiety, and forecasts that also suggest reduced mental health related issues and enriched outcomes for these children and society in the future.

In September 2018, we welcomed a facility trauma dog, Rugby, to the Clinical Team at the Be Brave Ranch. As co-therapist, Rugby supports individual and group therapy, as well as family sessions. He enhances our trauma-informed healing environment by providing relational support, sensing and supporting positive emotional regulation, providing healthy touch and therapeutic play opportunities.

Thank you to Champion Petfoods, Orijen, and ANCANA for supplying Rugby with all of his food and treats.
Once again, the Be Brave Luncheon successfully united hundreds of community members to raise more than $241,000 in essential funding for the Little Warriors Be Brave Ranch. Our sixth annual event, held on May 2, 2018, provided attendees with a powerful and thought-provoking afternoon—one that will have an equally profound impact on the children and families served by the Be Brave Ranch.

Delivering this year’s keynote address was Meredith Graham—a youth worker, spoken word artist, childhood sexual abuse survivor, and advocate for change inside our child welfare system, mental health system and educational institutions. Meredith started her address, ‘A Symphony of Resiliency’, with some humour that had the audience giggling. She then presented her powerful spoken word poetry and had the audience in silent awe of her story and her journey. Thankfully, our Legacy Sponsor Felesky Flynn had provided each guest with a pack of tissues, because there was not a dry eye in the room.

Rugby, a facility trauma dog trained by Dogs with Wings, made his debut this year at the luncheon. In the fall of 2018 he joined the therapeutic team to assist with programming and support for the children at the Be Brave Ranch.

We took the time to recognize and celebrate Little Warriors’ 10th Anniversary and take a look back at how far we have come.

Glori Meldrum, Little Warriors Founder and Chair of the Board, gave the audience an overview of the miracles along the way that have allowed the Be Brave Ranch program to grow and expand. A recent miracle was a donation to allow the Be Brave Ranch to pilot a treatment program for girls aged 13-16 who have been sexually abused.

Thanks to the sponsors, donors, guests and volunteers who helped make this signature fundraising event a success. We are able to bring back the laughter and smiles to children who attend treatment at the Be Brave Ranch.
Clinical Director Dr. Wanda Polzin spoke about the trauma-informed, multimodal treatment program and the impact it has on the children who take part. She shared quotes from children that brought home the positive changes they felt after participating in the program.

In addition to the nearly 750 people in attendance, Little Warriors is exceptionally grateful to this year’s Be Brave Luncheon title sponsors, Fluid Life and Flaman, as well as the additional sponsors whose combined efforts made this year’s event a true success.

“With all of the children and families who depend on us, it’s gratifying to see the support we receive for this annual event,” says Glori Meldrum. “Each year we are honoured to have compassionate leaders sponsor and attend the Be Brave Luncheon. Once again, we were blessed to have outstanding support for this powerful and memorable afternoon, and it will definitely go a long way towards our continued programming and operations.”

We sincerely thank the sponsors, attendees, volunteers, staff and companies that donated services or items to make this event an overwhelming success.

Thank you to the volunteer team from Starbucks. Thank you for helping us bring back the laughter and smiles to children who have been sexually abused.

“With all of the children and families who depend on us, it’s gratifying to see the support we receive for this annual event.”

– GLORI MELDRUM
THANK YOU TO OUR SPONSORS

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#BeBrave18
On September 12, 2018, many brave and charitable individuals showed up to our 3rd Annual Little Warriors Golf Tournament to golf in the snow. It may have been cold, but our hearts were warmed by the generosity and commitment of the golfers to help us provide treatment and support for children who have been sexually abused.

It was a day to remember. Against all odds, the COLD day FORE the kids was able to net $66,719! We also received donations of $20,000 from the Edmonton International Oilmen’s Golf Tournament and $14,350 from the VETS Annual Golf Tournament. Thanks to the generous attendees, we also crossed off many items from our donation wish list for the Be Brave Ranch. This will go a long way to support the children in treatment at the Be Brave Ranch.
THANK YOU TO OUR SPONSORS

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Pathfind
The Prevent It! Workshop helps teach both individuals and child-serving organizations how to reduce the risk of child sexual abuse.

Little Warriors is proud to have Mint Health + Drugs as a sponsor of the Prevent It! Workshop. Mint Health + Drugs supports healthy community initiatives. They have 14 locations in communities across Alberta and they are more than just a pharmacy. Mint Health + Drugs is your local resource for healthy living. They have locations in Edmonton, Calgary, Sherwood Park, Stony Plain, Grande Prairie, Peace River, Beaverlodge, Langdon, Strathmore and Canmore.
PREVENTION OF CHILD SEXUAL ABUSE

The Prevent It! workshop is an evidence-based education program for adults about Child Sexual Abuse (CSA) designed to significantly improve attitudes, knowledge and behaviour. The workshop was developed by researchers at the University of Alberta in collaboration with Little Warriors.

“Child sexual abuse is common in North America with as many as 1 in 6 girls and 1 in 12 boys currently experiencing sexual abuse involving bodily contact. When all types of sexual abuse are combined, including exposure to pornography or other sexual material, the number of children sexually abused is as high as 1 in 3 girls and 1 in 6 boys. If a program is going to train adults to detect and prevent CSA, it has to create significant awareness and behavioural change in the participants,” says Dr. Peter Silverstone, co-author of the Prevent It! Workshop Study.

The Prevent It! workshop educates participants to STOP child sexual abuse by using the following steps: Study, Talk, Observe and Prepare for action. Results published in *Frontiers in Psychology* suggest that at the three-month followup, there were highly significant improvements in several aspects of behaviour, knowledge and attitudes regarding child sexual abuse.

- The number of subjects actively looking for evidence of CSA increased from 46% (at baseline) to 81% (at followup)
- The number of subjects who actively took steps to protect children increased from 25% (at baseline) to 48% (at followup)
- An overall increase in accurate knowledge about CSA
- Less adherence to myths about CSA
- Participants talked about more CSA related topics with children in their lives
- The amount of recommended organizational prevention strategies being used tripled (in those that were a part of an organization when they took the program)

This study followed the progress of 312 participants from 23 facilitated workshops and measured knowledge, attitude, behaviour, and prevention strategies used.

“The Prevent It! workshop is built on a foundation of strong and proven theories. That important groundwork gives us reason to believe the workshop will have long-term effectiveness, and participants will continue to demonstrate truly meaningful behaviour change,” says Dr. Erin Martin, co-author of the Prevent It! Workshop Study. “Changes should include being a responsible role model, watching for signs of abuse and taking steps to protect children.”

The three-hour workshops are available to interested participants through Little Warriors. A 90-minute online version of the workshop is also available. The in-person and online workshops are offered at no cost to participants.
Experts estimate that 1 in 3 girls and 1 in 6 boys will experience sexual abuse. 95% of those children will know and trust their perpetrator.


- Alberta: 1497 people
- British Columbia: 67 people
- Saskatchewan: 260 people
- Manitoba: 176 people
- Ontario: 851 people
- Online: 468 people
- Netherlands: 32 people
FINANCIAL SUMMARY

Little Warriors relies on individual and corporate donations and private funding to fulfill its mandate of awareness, prevention and treatment of child sexual abuse.

In an effort to raise funds and accommodate more deserving children at the Be Brave Ranch, Little Warriors chose to maximize its fundraising efforts through several different major fundraising events and campaigns. The decision created a significant impact on donations over the course of the year.

Many thanks to all of our incredible supporters! Your efforts continue to make a positive, life-changing impact in the awareness, prevention and treatment of child sexual abuse.

For further information, please visit the Government of Canada Registered Charity Return for 2017.

OUR GOAL

At Little Warriors, we’re so proud of what we’ve been able to achieve since our inception in 2008. Thanks to the generosity of our valued donors, volunteers and supporters, we’ve been able to educate over 20,000 adults in Canada on how to prevent child sexual abuse and also welcome more than 100 children each year to the Be Brave Ranch to help change their lives for the better.

Driven by our mission to prevent, treat and spread awareness of child sexual abuse, we have set an ambitious fundraising goal of $7.5 million by 2019 for our campaign.
Behind every headline about child sexual abuse is a young person who needs help—that's the message behind Little Warriors' awareness campaign for 2018-19.

Titled “Help Me Too”, the campaign was launched at our 10-year anniversary event, held at the Be Brave Ranch. Glori Meldrum, Little Warriors’ Founder and Board Chair, explained the concept behind the campaign: “Child sexual abuse is a crime where the victim is usually rendered invisible. Of course, children aren’t named in news stories to protect their privacy, but as a result, the general public only hears about the perpetrator. The public doesn’t hear about the children behind the headlines or what will be done to help them overcome the devastating effects of the abuse.”

Dr. Wanda Polzin, Clinical Director at the Be Brave Ranch, highlighted the value of providing treatment and support to children who have been sexually abused while allowing them to forge bonds with their peers. “Not only does the Be Brave Ranch provide a safe environment for children to receive much-needed multimodal therapy, but it also gives them the opportunity to meet other boys and girls who have experienced similar traumas, so they recognize that they are not alone,” said Polzin.

Money raised from the campaign will ensure that even more children and families from across Canada have access to the long-term, trauma-informed treatment program at the Be Brave Ranch.
MANY THANKS TO ALL OF OUR SUPPORTERS! WITHOUT YOU, NONE OF THIS WOULD BE POSSIBLE.

GRANT FUNDING
• Clark Builders Community Foundation
• Dentistry For A Cause Foundation
• Dick Barr Charitable Foundation
• Ecclesiastical Insurance Office
• Edmonton Community Foundation
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• Saint John’s School of Alberta Legacy Foundation
• The Allan & Sally Sawin Foundation
• The Masonic Foundation of Alberta
• TransCanada Pipelines Limited
• William & Florence Lede Family Foundation

We are grateful for all the generous support received for the fiscal year from October 1, 2017 to September 30, 2018. Little Warriors truly values each contribution to help our children. We have made every effort to ensure the list of donors on our website is complete and accurate. If you have an error or omission to report, please contact our office at 780-922-9010.

MEDIA SPONSORS
For our complete list of donors, please visit:
littlewarriors.ca/supporters/thank-you-to-our-donors/
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