I feel loved and SAFE.
It has been a truly gratifying year as we have the privilege of working with our deserving little warriors. I think back to our humble beginnings and I see the work that is being done now on such a grand scale, and I feel so blessed to be a part of it all.

By empowering child sexual abuse survivors and providing them with a new avenue for healing, and personal happiness we are creating a new reality for these precious children.

This past year, we have educated over 3,700 adults through the Prevent It! workshop. Our participants learned how to take steps to protect children from sexual abuse. All of these people are now, in a sense, ambassadors for prevention, spreading out across the globe in the ongoing struggle against child sexual abuse.

We also saw the laughter and smiles return to over 70 child sexual abuse survivors who participated in the program at the Be Brave Ranch. Because of our unique multi-modal treatment program at the Ranch, the children’s PTSD, anxiety and depression significantly decreased.

2017 is also significant for what happened behind the scenes. After much hard work, Little Warriors and Be Brave Ranch became accredited through the Canadian Accreditation Council. Parents and guardians can now be assured that we meet or exceed the accreditation standards and have viable structures, processes and practices allowing our organization to offer the best possible programs and services.

One of the personal highlights of the year for me was the opportunity to reconnect with my dear friend, Jean-Paul Bédard, who was our keynote speaker at the 2017 Be Brave Luncheon. I have seen Jean-Paul speak a number of times, and each time I hear him powerfully share his story, I am reminded of the resiliency of the human spirit and the critical importance of having even one person believe in you.

Certainly, I experience that belief first hand each year from supporters of Little Warriors. I am so proud of our passionate, dedicated staff, our tireless Board of Directors and our precious donors, volunteers and supporters who make this all possible. Your hard work fuels our success and radiates through the smiles of each young child we work with.

Warmest regards,

Glori Meldrum, B.Comm.
Founder and Chair

For more information please visit littlewarriors.ca
Little Warriors is a 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 ages 8-12 who have been sexually abused.

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

GOALS & OBJECTIVES

Awareness
• Relay a culturally sensitive, fundamental prevention education message tailored to the needs of the growing multi-cultural and Aboriginal 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 tool kit 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 counseling methods and provide effective clinical focused treatment that is the first of its kind in Canada.

For more information please visit littlewarriors.ca
In 2016/17, our dedicated Board of Directors consisted of the following:

Glori Meldrum, Chair
Dwayne Stang, Treasurer
Julianna Cantwell, Director
Heather Hunt, Director
Tim Kirby, Director
Guy Mersereau, Director
Greg Mittelstead, Director
Jason Pincock, Director
Beth Riley, Director
Marcie Kiziak, Director

For more information please visit littlewarriors.ca
At Little Warriors, we owe a lot of our success to the hard work of countless volunteers. We have volunteers that help us with many special events and admin support, as well as others that come out to the Be Brave Ranch for workdays 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 help educate adults to prevent child sexual abuse.

**VOLUNTEER FACILITATOR PROFILE**

**Name:** Andrea, Cranbrook, BC

**How long have you volunteered for Little Warriors?**
I’ve been volunteering with Little Warriors for 6 years. I first learned about Little Warriors from a colleague of mine who used to facilitate the workshops. I took the training as quickly as I could and have been facilitating workshops ever since.

**What do you find rewarding about volunteering as a Prevent It! Facilitator?**
I am a counsellor for children who have been sexually abused. Each and every time I facilitate a Prevent It! workshop, I have an overwhelming feeling that there is yet another child who will never have to walk through my counselling doors. There is no greater feeling!

To find out more information on how to become a volunteer for Little Warriors, please visit our website at littlewarriors.ca
COMMUNITY GIVING

A significant amount of fundraising is done by volunteers hosting 3rd party fundraising events in support of Little Warriors.

This charity playoff game was suggested by the House Peewee Springbank Rockies in Calgary. After the 2 teams tied twice in their mini tournament, Dale from Quality Property Developments put out a challenge for the final game to be a game in support of charity. They put up $1000 to start the challenge.

Glenlake Hawks took the challenge and put it out to their parents to add to the funds raised. Each team picked a charity and the winning team got to donate all funds raised to their charity of choice. The final game ended in a tie again and came down to a shootout!

Glenlake Hawks won the game and Little Warriors was the charity they chose! Combined donations from both teams was $1715!
COMMUNITY GIVING

Community events and fundraisers play an integral role in helping Little Warriors carry out its mandate. If you are interested in hosting a third party event to help support the efforts of Little Warriors, please call our office at 780-922-9010.

Edmonton Band-Aid is the Edmonton music community sharing their talents in support of Little Warriors and the kids that can be helped, one note at a time. They are a 100% volunteer driven organization that presents concerts and music festivals to ensure these kids aren’t left behind.

We are proud to be the charity to receive the proceeds from the U of A Medicine Cup Charity Tournament (MCCT). Each year in February, a group of students from U of A Faculty of Medicine and Dentistry organize a charity hockey tournament.

Thank you to Foresters Financial for the support to Brekke and her crew so they could make amazing meals at Simply Supper for the kids at Little Warriors Be Brave Ranch!
Little Warriors Be Brave Ranch by Ray LaBonte and Family is a long-term treatment centre focused solely on helping children who have been sexually abused, as well as their families. The Be Brave Ranch program offers these children a place to heal and increase their chances of growing into healthy adults. Trauma-informed clinical supports are offered to children and their families for one full year.

Children come to the Be Brave Ranch for over 200 hours of therapy over a one-year period. The program starts with an initial 28-day stay at the Ranch, during which 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 14-day stays in order to continue their face-to-face therapy and reconnect in person with their cohort.

Throughout the year-long program, the trauma-informed 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
- Cohort support
- EMDR
- Yoga
- Sensory based interventions
- Recreational activities
- Ongoing family/caregiver supports

To learn how you can help please visit littlewarriors.ca
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 each child’s healing process.

Child abuse affects the whole family so our program uses a family-centered approach, providing ongoing clinical support to parents/guardians. Parents also frequently visit the Ranch and stay overnight and are in touch with their child on a daily basis while the child is in residence. The Be Brave Ranch provides a safe environment for children and their families 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. The results also forecast reduced mental health related issues and enriched outcomes for these children and society in the future.
The 2017 Be Brave Luncheon, in support of Little Warriors Be Brave Ranch, was held on May 3, 2017 at the Shaw Conference Centre in Edmonton, AB. This was our fifth year of uniting hundreds of professionals and community-minded individuals together with one collective purpose — to give child sexual abuse survivors the essential support they need to grow into happy, healthy adults.

We welcomed author, elite endurance athlete and advocate, Jean-Paul Bédard, as our honoured keynote speaker. Named one of the “50 Most Influential Canadians” by Huffington Post, Jean-Paul spoke courageously and candidly of his own history with child sexual abuse, delivering a message infused with hope, strength and resiliency.

We were honoured to have Angus Watt emcee the event. Angus is a long time friend and supporter of Little Warriors. MLA Angela Pitt and Kimberly Jean brought greetings from the Wildrose Party and our friend Eman Oliver said Grace. Our 685 guests were then treated to a three-course lunch featuring a beautiful salad, a mouth-watering entrée and a delightful dessert.

Our founder and chair of the board of Little Warriors, Glori Meldrum addressed the audience with a story from the Be Brave Ranch, and also touched on her own journey of being a child sexual abuse survivor, and her experiences as she turned the dream of building the Be Brave Ranch into a reality.

Jean-Paul Bedard then gave his keynote address and the audience was captivated. Jean-Paul is a survivor of childhood sexual abuse and in October 2016, he ran the Toronto Waterfront Marathon 4 consecutive times on the same day (168.8 km) to raise awareness for survivors of childhood sexual abuse and in support of Little Warriors and the Be Brave Ranch. In the fall of 2017, Jean-Paul ran the Toronto Waterfront Marathon 6 times in one day to raise awareness and funds for Little Warriors and The Gatehouse—That’s a staggering 253.2km, or as Jean-Paul likes to say, “253 reasons to stand up for all those kids who continue to endure the trauma of sexual abuse.”
Through his address, he shared his story of abuse, addiction, mental illness, recovery and resiliency. When it was complete, Ryan Heffleck from Winterburn Bottle Depot and Glori Meldrum presented him with the **2017 Be Brave Award**.

The guests were treated to beautiful centrepieces at each table that were hand painted by the talented **Giselle Denis**. These centrepieces were auctioned off at each table and raised a total of $17,000.

We are proud to announce that this event raised over **$215,000**. Every single dollar generously donated at the 2017 Be Brave Luncheon will go directly to fund treatment programs for children at the Little Warriors Be Brave Ranch. Little Warriors receives no government funding and so, as a charitable organization, the Little Warriors Be Brave Ranch relies on the kindness of donors to allow our work to continue.

**We wish to extend a sincere thank you to those who joined us at this event and opened their hearts and wallets to make this event a successful fundraiser.**
**FIFTH ANNUAL BE BRAVE LUNCHEON**

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**THANK YOU TO OUR SPONSORS**

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To learn how you can help please visit [littlewarriors.ca](http://littlewarriors.ca)
The 2017 Awareness campaign, inspired by real-life feedback from children who have attended the Ranch, showcases the successes of the program, as told by the children who were impacted by the specialized treatment offered at the Be Brave Ranch.

“Every day, we see first-hand the impact that care and compassion can have on a child, and we wanted this campaign to reflect that,” said Glori Meldrum, founder and chair of the Little Warriors Board. “We’re continuously inspired by the children we meet and by their stories, and we wanted to show the transformational impact that our program can have.”

“With the right support, children can and do heal from trauma such as child sexual abuse,” said Dr. Wanda Polzin, Clinical Director at the Be Brave Ranch. “I am excited to be joining the clinical team at the Be Brave Ranch to continue implementing evidence-based practices to support taking trauma-informed care with this amazing organization to the next level. When we hear from the children that they feel loved and safe at the Be Brave Ranch, and hear from families how much healing has occurred within families, we know we are making a difference.”

Money raised from the campaign will ensure even more children and their families have access to the Be Brave Ranch treatment program. Little Warriors Be Brave Ranch offers a clinically proven, trauma-informed program combining evidence-based and other therapies for children ages 8-12 from across Canada. The year-long program is run by clinical professionals and includes over 200 hours of multimodal therapy.

To learn how you can help please visit littlewarriors.ca
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.

For more information please visit littlewarriors.ca
PREVENTION OF CHILD SEXUAL ABUSE

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 follow up, there were highly significant improvements in several aspects of behavior and 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 follow-up)
- The number of subjects who actively took steps to protect children increased from 25% (at baseline) to 48% (at follow-up)
- 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, behavior, 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.

For more information please visit littlewarriors.ca
Little Warriors relies on individual donations, corporate, and private funding to fulfill its 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 2016.

**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 roughly 50 children each year to the Be Brave Ranch to help change their lives for the better.

**LITTLE WARRIORS DONATIONS**

- Individual and Corporate Donations: 82%
- Other Income: 6%
- Third Party Fundraising Events: 9%
- Foundations & Grants: 2%
- Prevent It! Workshops: 1%

**LITTLE WARRIORS EXPENSES**

- Be Brave Ranch Program: 78%
- Fundraising: 11%
- Admin Expenses: 7%
- Prevent It! Workshops: 4%

Driven by our mission to prevent, treat and spread awareness of child sexual abuse, we have set an ambitious campaign goal of raising $7.5 million by 2019.
MANY THANKS TO ALL OF OUR WONDERFUL SUPPORTERS! WITHOUT YOU, NONE OF THIS WOULD BE POSSIBLE!

Grant Funding

- CIBC Children’s Foundation
- CREB Charitable Foundation
- Grand Rapids Pipeline Limited Partnership
- Intact Foundation
- Ionic Club of Edmonton
- The Kristie Charitable Foundation
- Lowe’s Companies Canada ULC
- The Mary & Gordon Christopher Foundation
- The Peter Gilgan Foundation
- The Prosser Charitable Foundation
- Realtors Community Foundation
- Saint John’s School of Alberta Legacy Foundation
- The Winnipeg Foundation

We are grateful for all the generous support received for the fiscal year from October 1, 2016 to September 30, 2017! Little Warriors truly values each generous contribution to help our children. We have made every effort to ensure these lists are complete and accurate. If you have an error or omission to report, please contact our office at 780-922-9010.

For our complete list of donors, please visit: littlewarriors.ca/supporters/thank-you-to-our-donors/thank-you-to-our-donors-2

Little Warriors is fortunate to receive support from across the country. To make a donation, please visit littlewarriors.ca