Another year has drawn to a close, and it has been a year of wonderful beginnings for some of the most deserving children in our community.

In April of this year, we released the results from the Clinical Data Collections Project of a University of Alberta study that confirms the success of the treatment program. These results indicate an almost 50% reduction in child post-traumatic stress disorder scores (PTSD), a reduction in the number of children experiencing PTSD, and significant reductions in depression and anxiety. The study also forecasts that these children will have reduced mental health related issues and enriched outcomes in the future.

Our objective is to continue building on our successful experiences and increasing the effectiveness of our treatment in the years to come.

Children weren’t the only ones to have their lives altered by Little Warriors. Our Prevent It! Workshop educated over 3,400 adults this year across Canada, and we launched our online workshop, which will enable us to reach even more adults this year. Recently published results show that this workshop significantly increases knowledge, attitudes and behaviour.

One of my most favourite experiences with the Be Brave Ranch is being there on graduation day. The opportunity to engage the kids while I am there is so precious. This year, I was talking to a small group of young girls and I asked if there was anything they needed. A beautiful little girl looked at me and said, “All we need is love”. I had to take a deep breath and blink back the tears, as she was so right. She sat next to me and, while we were chatting, I asked her about the beautiful necklace she was wearing. When she told me she had made it, I asked her if she would make me one just like it. Instead, she took it off and gave it to me, saying she wanted me to have it so I would know I was loved.

I am more than loved; I am blessed and so proud of the achievements of Little Warriors. I am also grateful for our passionate, dedicated staff, our selfless Board of Directors and our valued donors, volunteers and supporters who make this all possible. Your hard work resonates as a beacon of hope in each young child we meet and every smile we help to create.

Warmest regards,

Glori Meldrum, B.Comm.
Founder and Chair

For more information please visit littlerwarriors.ca
ABOUT LITTLE WARRIORS

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 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 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 counseling methods and provide effective clinical focused treatment that is the first of its kind in Canada.

For more information please visit littlewarriors.ca
**WHO WE ARE**

In 2015/16, our dedicated Board of Directors consisted of the following:

- Glori Meldrum, Chair
- Dwayne Stang, Treasurer
- Kevin Brosseau, Director
- Julianna Cantwell, Director
- Heather Hunt, Director

Tim Kirby, Director
Guy Mersereau, Director
Greg Mittelsteadt, Director
Jason Pincock, Director
Beth Riley, Director

**STAFF**

Little Warriors is privileged to possess an excellent staff of remarkable individuals who have dedicated countless hours to the organization's success and growth, especially through the transition period of building and opening the Be Brave Ranch. Thank you to all of the Little Warriors staff who are committed to the awareness, prevention and treatment of child sexual abuse. Your dedication is greatly appreciated.

For more information please visit [littlewarriors.ca](http://littlewarriors.ca)
At Little Warriors we owe a lot of our success to the hard work of many volunteers. Volunteers 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.

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 who host third-party fundraising events in support of Little Warriors.

Little Warriors was grateful to be chosen as one of 2 charities for the 19th Annual Scotiabank Charity Golf Classic.

Katelynn and Kamryn are Grade 8 leadership students who hosted a fundraiser in support of Little Warriors and we were very honoured to accept the $97 donation from these amazing young ladies. They wanted to do something to give back and help children, and out of all of the charities they could have donated to, they chose Little Warriors.

U of A Medicine Cup Charity Tournament (MCCT) in support of Little Warriors. Each year a group of students from U of A Faculty of Medicine and Dentistry organize a charity hockey tournament. We were honoured to be chosen as the new charity for this event that raised $9,200 for Little Warriors.

In February, 100 Women Who Care Calgary chose Little Warriors to receive funds totaling $21,577. We are so honoured to be one of their quarterly recipients.

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.
THE BE BRAVE RANCH

TREATMENT

Located on 125 acres just outside of Edmonton, the Little Warriors Be Brave Ranch opened in the fall of 2014 thanks to the tremendous generosity of people across Canada, who gave time, money and resources to this important cause. The contributions made by volunteers for the renovation and construction of the facility have been amazing, and the dedication of the contractors was inspiring. Many companies and individuals were extraordinarily generous with time and materials to realize its completion.

Thanks to these combined community efforts, we were successful in building the first facility of its kind to focus exclusively on the long-term treatment of sexually abused children between the ages of 8-12.

The Be Brave Ranch offers a one-year combined on site and outpatient program, which is based on comprehensive scientific evidence. The program has been designed with significant input from many leading academic and treatment experts.

The treatment program at the Be Brave Ranch runs over a four-week period (28 days) with additional two-week follow-ups occurring three more times throughout the year. In between attendance at the Be Brave Ranch, children have access to group support via telephone once a week with their therapist and peer group.

The program has been built using leading research and the best available evidence. Unique characteristics of the program include:

• A group or “cohort” model, which creates strong bonds between each member of the group and encourages greater support.

• A multi-therapy model, which includes a combination of group trauma-focused Cognitive Behavioural Therapy (CBT), individual CBT, art therapy, play-assisted intervention, animal-assisted therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR) and recreation programs.

To learn how you can help please visit littlewarriors.ca
THE BE BRAVE RANCH

PROGRAM IMPACT

Results, published in the Journal of Child and Adolescent Behaviour, confirm the program’s success, measuring a highly significant reduction in symptoms. This includes a 25% reduction in child post-traumatic stress disorder scores (PTSD), a reduction in the number of children experiencing PTSD (14 children, down from 26) and a significant reduction in depression and anxiety after the initial 28 day stay at the Be Brave Ranch. After the children had completed the full year-long program only 29% met the criteria for PTSD down from 73% who had full spectrum PTSD. Forecasts also suggested reduced mental health related issues and enriched outcomes for these children and potentially improving societal and economic outcomes.

With child sexual abuse affecting millions of children across North America, and multiple long-term psychiatric and physical outcomes identified, these results signify a major milestone for children, families and society as a whole.

To learn how you can help please visit littlewarriors.ca
On May 4th, 2016 at the Shaw Conference Centre in Edmonton, the 4th Annual Be Brave Luncheon took place to raise vital funds for Little Warriors and the Be Brave Ranch. 715 guests were ushered to their seats by the fabulous Starbucks employees’ volunteer team from Edmonton and area. Our friend and long time Little Warriors supporter Dianne Young, did a fabulous job as emcee for the event. Jon Carson, MLA for Edmonton-Meadowlark brought greetings from the Government of Alberta and Michael Oshry Ward 5 City Councillor spoke on behalf of the Mayor of Edmonton. Our friend Lois Ferguson said Grace prior to a scrumptious lunch.

Our first speaker, Glori Meldrum, founder and chair of Little Warriors, shared her story, her dream and her passion for Little Warriors. Dr. Jacqui Linder, Clinical Director of the Be Brave Ranch, delivered a power point presentation to share the results of the clinical data collection project that has been completed at the Be Brave Ranch. Dr. Linder was presented with a Hero Award for all her work with the Little Warriors Be Brave Ranch.

For our keynote address, Carol Todd talked about tragically losing her daughter Amanda to cyber-bullying. Although Carol had lived through every parent’s worse nightmare, her message was one of hope and staying strong. An emotional crowd rose to an exuberant standing ovation as Carol finished her address. Glori Meldrum invited Trinity Fuhr to the stage to present Carol with a Be Brave Award and to thank her for Staying Strong and Being Brave.

Dianne Young closed off the event by thanking our sponsors, guests and donors, and inviting guests at each table to bid on centre pieces that were hand painted by artist Giselle Dennis. Lynn Streeter and Simon McGibbon captured the day in photos.

In order to make this event a success—and raise the funds needed for children receiving treatment at the Be Brave Ranch to build a happier, healthier future—we rely on the kindness and generosity of individuals and companies from within our community. Thank you to our title sponsors: Fluid Life and the Flaman Group of Companies. We are so appreciative of all our sponsors and the media who covered the event. For all those warriors who stand tall and inspire us – thank you.

To learn how you can help please visit littlewarriors.ca
FOURTH ANNUAL
BE BRAVE LUNCHEON

THANK YOU TO OUR SPONSORS

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Media sponsors:

To learn how you can help please visit littlewarriors.ca
The 2016 Awareness Campaign for the Little Warriors Be Brave Ranch focused on the simple and powerful concepts of – courage can conquer fear, and reveal your inner hero.

Building on that through a print, transit, radio and television campaign, we promoted the Be Brave Ranch as “A safe place where courage conquers fear”. The campaign also shared this information – ‘With multiple therapies and dedicated support, we provide a safe place where child sexual abuse survivors can take back their childhoods and reveal their inner heroes’.

Child sexual abuse survivors were invited to share their stories and reveal their inner hero through written or video submissions. These powerful stories are available on the Little Warriors website.

Notably, as Little Warriors continues to help children and train adults to recognize and prevent child sexual abuse, our awareness campaigns have a more upbeat feeling. We continue to build on success stories and create a growing network of adults actively working to stop sexual abuse across Canada and beyond.

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

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.”

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PREVENT IT PROGRAM
STATS FOR 2015/2016

Total 3405 adults trained to prevent child sexual abuse from October 1, 2015–September 30, 2016

- 1804 PEOPLE
- 572 PEOPLE
- 512 PEOPLE
- 169 PEOPLE
- 285 PEOPLE
- 63 PEOPLE

Alberta
British Columbia
Saskatchewan
Manitoba
Ontario
Online

Total 3405 adults trained to prevent child sexual abuse from October 1, 2015–September 30, 2016

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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.

**Total revenues were $2,594,111**

**Total expenses were $2,454,824**

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.

**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!

For our complete list of donors, please visit: littlewarriors.ca/supporters/thank-you-to-our-donors-2/thank-you-to-our-2015-2016-donors/

Grant Funding
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Media Sponsors

We are grateful for all the generous support received for the fiscal year from October 1, 2015 to September 30, 2016! 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.