

Family Service Regina

2025 - 2026
ANNUAL REPORT



Board President & CEO



Resilience and adaptability were key themes for Family Service Regina this year. The organization continues to evolve to meet the growing and complex needs of the clients in our community and as a result, FSR required a different facility. Leadership and the entire staff should be commended for completing the challenging facility transition while striving to maintain seamless service for our clients.

Behind the scenes, the leadership was also working on strengthening organizational systems and positioning key programs for long-term sustainability.

Pursuing these objectives would not be possible without the focused commitment of the FSR staff.

Finally, on behalf of the Board of Directors, we would like to thank our excellent community and funding partners that continue to invest in this organization, which aims to empower individuals and strengthen our community.

Leslie Trobak | President of the Board of Directors



In our 95th year, Family Service Regina quite literally opened new doors. Our move to 2505 11th Avenue marked an important milestone for FSR. More than a new building, the space reflects who we are as an organization — welcoming, community-focused, and committed to providing safe and accessible support for the people we serve. What made the transition especially impactful was the teamwork behind it. Leadership and staff across the organization came together to plan, pack, move, and quickly resume services with minimal disruption for clients. It was a reminder of the dedication and care that defines FSR.

Over the past year, we also continued to deepen our partnerships across Regina and Saskatchewan. From libraries and community organizations, to Justice System and government partners, collaboration remains central to how we respond to increasingly complex community needs. These relationships strengthen our ability to provide meaningful, coordinated support and create lasting impact.

Most importantly, I want to thank FSR's staff. Every day, they bring compassion, professionalism, and resilience to work that is often complex and demanding. Their commitment to the individuals and families we serve, and our community is the foundation of everything we accomplish as an organization.

I would also like to extend gratitude to our donors, funders, partners, and supporters for being part of this work and for helping us continue building a safer and more connected community.

Kirk Englot | Chief Executive Officer

About Us

Family Service Regina (FSR) is a non-profit charitable organization dedicated to building resilient communities through positive human connections. For more than 95 years, we have provided innovative, compassionate, and trauma-informed services that support the well-being of individuals, families, and communities.

Founded in 1931, FSR has evolved alongside the changing needs of our community. From providing relief to families experiencing hardship to leading counselling, violence prevention, and community support services, we have remained committed to helping people navigate challenges and build stronger futures.

Today, we support individuals and families across Regina through counselling, violence prevention initiatives, parenting supports, and community-based programs. Together with our partners, funders, volunteers, and clients, we are working toward a safe, inclusive, and connected community where all people are resilient and thriving.



Our Purpose

Building resilient communities through positive human connections.



Our Vision

A safe, inclusive, and connected community where all people are resilient and thriving.



Our Values

Respect · Inclusivity · Empowerment · Innovation · Accountability · Collaboration

Land and TRC Acknowledgement

Family Service Regina (FSR) acknowledges that we live and work on Treaty 4 territory, the traditional lands of the Nêhiyawak, Anihšīnāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis Nation. We recognize the deep and enduring relationship that Indigenous Peoples have with this land and honour their history, culture, and contributions.

We acknowledge the traditional stewards of Turtle Island and the harms of colonization. We are committed to ongoing learning, meaningful action, and walking alongside Indigenous Peoples on the path of Truth and Reconciliation.

Board of Directors

President | Leslie Trobak **Vice-President** | Brandon Barteski **Secretary/Treasurer** | Carrie Carson

Directors

Cecile Lark	Jeffrey Buck
Cindy Margetts	Kent Peterson
Feyisola Akintoye	Sheena Missens
Greg Hovdestad	Stephanie Kievits

Completed first term, not returning for second: Carrie Carson
Greg Hovdestad
Sheena Missens

Leadership Team and Key Personnel

Kirk Englot - Chief Executive Officer
Sarah Mercer - Director of Operations and FSEAP
Joan Gunayon-Amado - Director of Finance
Christine Andres - Director of Counselling and Community Outreach
Jen Renwick - Director of Gender Based Violence Prevention Services
Wanda Blake - Chief Development Officer

Shauna Chegwin - Executive Assistant
Nolan Koros - Office Manager
Jessica Fraser - Manager of Counselling Services
Deanna Rowley - Communications Lead and Administrative Coordinator
Madi Massier - Library Outreach Supervisor



Philosophy of Care Statement

Family Service Regina is committed to providing compassionate, trauma-informed care that meets people where they are. We believe in accessible, equitable, and person-centered support that respects individual strengths, choices, and cultural contexts. Through early intervention, collaboration, and community partnerships, we help individuals and families build resilience and achieve their goals. We strive to make seeking help simple and welcoming, ensuring that people are connected to the care, resources, and supports they need.

Programs & Services

Counselling

Counselling services support individuals, couples, children, and families. Our trauma-informed team uses evidence-based approaches to collaborate for lasting change.

FSEAP

Family Services Employee Assistance (FSEAP) supports employees and their families with a wide range of issues. Our goal is to help the wellness of employees and organizations, providing the right help at the right time.

Our family counsellor is the best I've ever seen. Kind, patient, knowledgeable. She is great.

Gender Based Violence

Trauma-informed support for those experiencing violence. We assist with safety planning, provide emotional support, and connect with vital resources.

I was allowed time to make an informed decision. My support worker and the Crown Prosecutor were very compassionate with me when I said I do not want to be re-traumatized at the court session. This allowed me time to continue my process of healing.

Young Parent Program

Supporting pregnant and parenting youth to balance education and parenthood. We provide essential social, emotional, medical, and academic resources for both parents and children.

This program gave me more opportunities, encouragement, and motivation. I would not have been here without them, as they kept pushing me through the hard times to get here.

Thank you to our support staff for getting all the supplies we needed all school year long. We can always count on you to come to the rescue, and we really appreciate everything you've done to help us get ahead in life.

Library Community Outreach

Located in the Community Commons at the Central Library and the Engagement Room at the māmawēyatitān Centre, our Outreach Crisis Workers provide immediate, onsite support for individuals experiencing a crisis or seeking change.

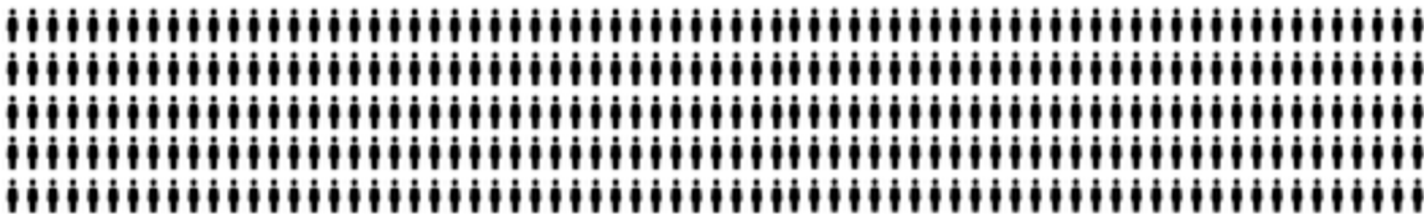
Older Adult Response Service

Specialized supports to seniors who are being impacted by abuse at the hands of an intimate partner or family member.

Impact at a Glance

The following statistics highlight the reach of FSR programs and services during the 2025-2026 fiscal year.

50,430 units of service provided across all programs



4,500

individuals served

6,704

Gender Based Violence
referrals received

9,585

counselling sessions
provided

5,169

Library Outreach
services provided

363

safety plans created

88

young parents

969

involved safety & crisis
management

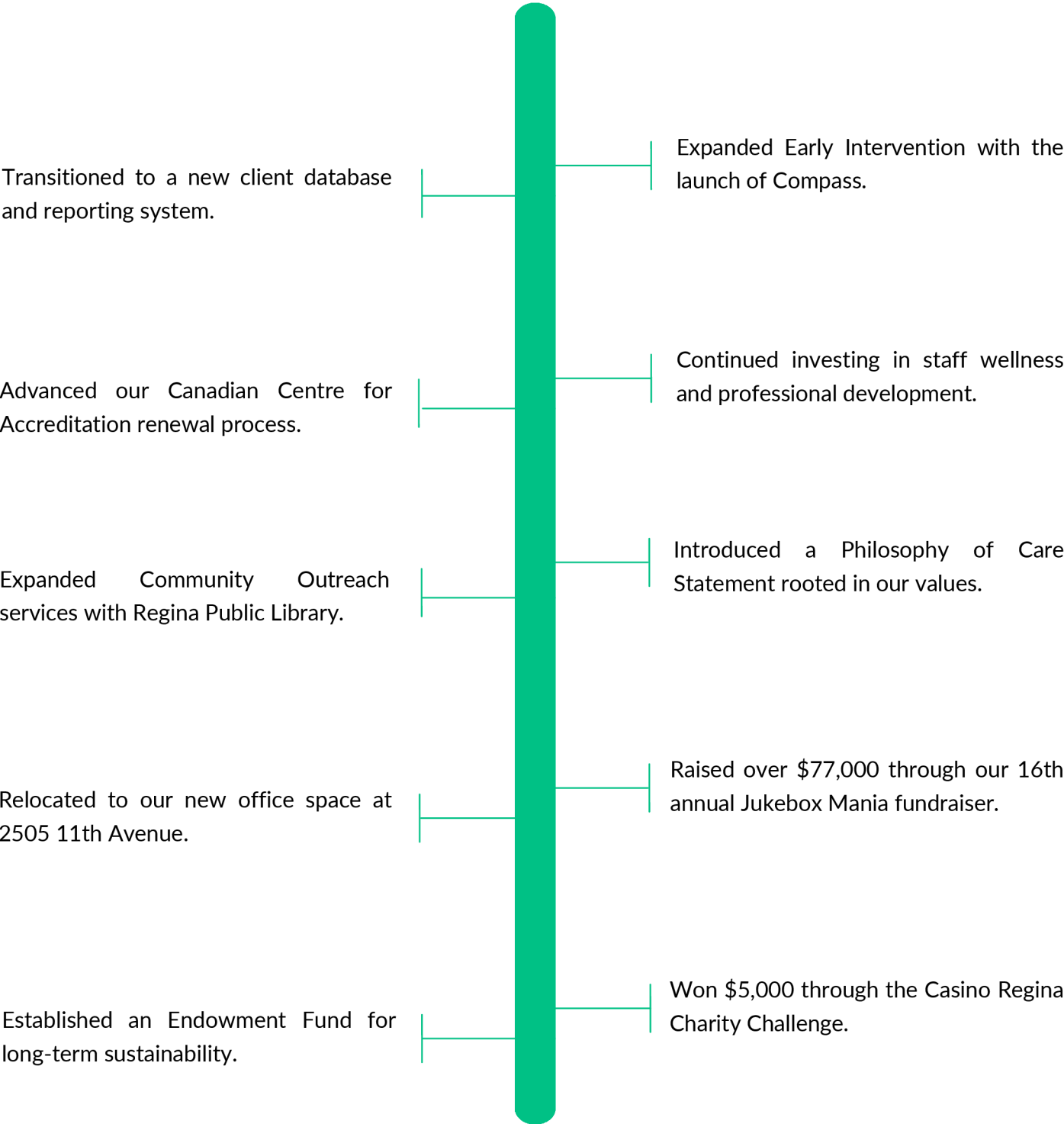
100+

Saskatchewan communities
served through RE:Connect

115

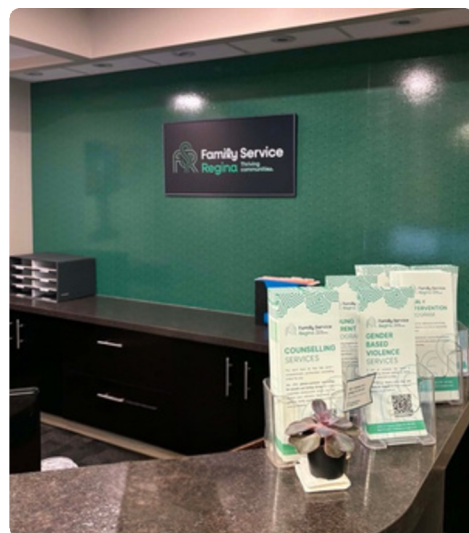
children
supported through the
Young Parent Program

Highlights from the Year



A New Home for FSR

In 2025-2026, Family Service Regina relocated to our new office space at 2505 11th Avenue, in the heart of downtown Regina.



Building Thriving Communities in Our New Space

As our services continue to evolve to meet the needs of the community, so too has our need for space! After 10 years on Broadway Avenue, we are proud to call 2505 11th Avenue our new home.

Thoughtfully designed with clients in mind, the new office provides a welcoming environment for counselling, programs, meetings, and community partnerships. Its central downtown location also improves accessibility, placing us within walking distance of major transit routes and central bus stops.

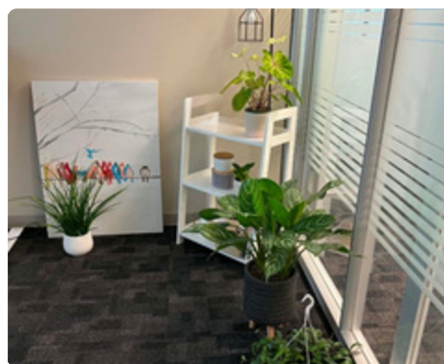
This move represents an investment in the future of FSR and our ongoing commitment to providing accessible, person-centred services for the individuals and families we serve.



Welcoming Client Areas



Flexible Meeting Spaces



Thoughtfully Designed Interiors

Staff Service Recognition



20 Years

Marlo Medby, Counsellor

Marlo is celebrating twenty years of providing client-centred care, bringing her extensive experiences and knowledge into her current counsellor role. Through her genuine care and compassion, she continues to have a lasting impact on the lives of both clients and colleagues alike. We are grateful to have her and everything she brings to the organization every day.



10 Years

Nolan Koros, Office Manager

Nolan is celebrating ten years on our administrative team with the last four as Office Manager. He keeps daily operations running smoothly while supporting clients and colleagues with calm, care, and compassion. His dedication and steady presence make a meaningful difference across the organization.



5 Years

Sarah Mercer, Director of Operations and FSEAP

Sarah is celebrating five years with FSR, starting her career in the Counselling Intake Department and transitioning to Director of Operations and FSEAP. Her focus, drive, and task-oriented mindset, paired with her supportive approach, make her an invaluable leader within our organization.



5 Years

Antonnette Hariram, Counsellor

Ann is celebrating five years in our counselling department. She is known for consistently providing exceptional client care and for her leadership within the counselling team. Her kindness, compassion and supportive nature make her a valued colleague and an essential part of our organization.

Community Partnership Spotlight

Community partnerships are an important part of FSR's mission, providing vital support that strengthens programs, expands opportunities, and helps us meet the changing needs of our community.

CNG Stone Products



Annual Remnant Sale

For the past four years, CNG Stone Products has supported FSR through its annual remnant sale, donating 100% of proceeds to our programs. In total, these fundraisers have generated more than \$50,000 to support counselling, mental health, and family violence services, including \$11,748.51 raised in 2025.

Outstanding Corporate Philanthropist

In recognition of their longstanding commitment to giving back, FSR nominated CNG Stone Products for a National Philanthropy Day Award in the Outstanding Corporate Philanthropist category. We were proud to celebrate their selection as the 2025 recipient of the award.

From left: Andrea Tresek, Scott Tresek, and Kirk Englot at the 2025 National Philanthropy Day Awards.



Fund Development

FSR's impact is made possible through the generous support of governments, foundations, community organizations, businesses, and individual donors. Their investment helps us strengthen families, support youth, and respond to emerging community needs.

Thank You to Our Funding Partners

Government Of Saskatchewan

Ministry of Social Services

Ministry of Justice and Attorney General

Status of Women Office, Ministry of Parks, Culture and Sport

Government of Canada

Department of National Defense

Community Funding Partners

A Dollar A Day Foundation

City of Regina

Family Service Saskatchewan

Farm Credit Canada

Mazon Canada

Saskatchewan Community Foundation

United Way



Donations & Community Support Highlights

Beyond grant and government funding, local businesses, organizations, and community members continue to strengthen FSR programs through fundraising initiatives, donations, sponsorships, and volunteer support.



Regina Christmas Wish List

Thanks to the Regina Christmas Wish List and the generosity of our community members, every gift requested by families in FSR's Young Parent Program was pledged and delivered. More than 85 gifts were donated, requiring six vehicles to transport them all to families!



Donations & Community Support Highlights

AB Children's Therapy
 BASF Agricultural Solutions Canada
 Capital Cares
 Casino Regina
 Cecilian Chamber Series
 COBS Bread: North Regina
 Conexus Arts Centre
 Convoy Supply
 District 3
 École Wascana Plains School
 Globe Theatre
 Graham's Tire
 Jump.ca
 Kinetic Auto Sales
 Level 10 Fitness
 Madira Catering
 Moonlight Movies

Munch Café and Catering
 My Darling Soul Wellness
 Northern Fireplace
 P3A
 Regina Symphony Orchestra
 Roxanne Brown Jewellery
 SaskTel Pioneers
 Secondhand Wonderland
 Sticks and Doodles
 Studio27 YQR
 Such and Stuff Wellness
 SUDS Full Service Car Wash
 Tangles Studio
 The Atlas° Hotel
 Victoria Jewellers
 Vivian Crighton Counselling
 Wolsely Bed and Bath



While not a complete list, we are grateful to everyone who supported FSR throughout the year.



16th Annual Jukebox Mania

\$77,000 raised to support our programs & services

Our 16th annual Jukebox Mania brought more than 450 community members together for an unforgettable evening of music, competition, and philanthropy. Thanks to the incredible support of our sponsors, teams, donors, and volunteers, we raised more than \$77,000 to support Family Service Regina's counselling services, gender based violence prevention initiatives, and community outreach programs.

As our largest fundraising event of the year, Jukebox Mania continues to demonstrate the power of community coming together to create lasting impact for individuals and families across Regina. Join us for the 17th annual Jukebox Mania on October 23, 2026.



Thank you to our sponsors!

Bassendowski Agencies
C.S. Day Transport
Casino Regina
CODC
De Thomas Wealth Management
Gerhardt Studios
Heidelberg Materials
ISC
Kanuka Thuringer LLP
Nychuk & Company
OWZW Lawyers LLP

Pure Country 92.7
Rebellion Brewing
SaskTel
Sherwood Co-op
The Mosaic Company
Thyssen Mining
Virtus Group LLP
Western Litho Printers
Westridge Construction
WINMAR
Young's Equipment



Financial Report

At Family Service Regina, our social purpose is at the heart of everything we do. Through strong partnerships, diverse funding sources, and careful financial stewardship, we continue to deliver trusted, high-impact services while maintaining the stability needed to meet evolving community needs.

Total Revenue: \$4.2 Million

Government of Saskatchewan	40%	●
Non-Government Grants	25%	●
EFAP/Social Enterprise	24%	●
United Way of Regina	3%	●
Donations & Fundraising	3%	●
Other	5%	●



Total Expenditures: \$4.1 Million

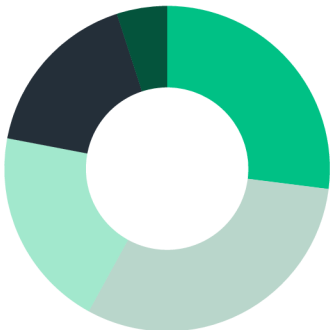


Category	
● 82%	Operations and Service Delivery
● 16%	Administration
● 2%	Fundraising

Program Stream

Breakdown of the 82% Operations & Service Delivery

Counselling & Education Services	27%	●
Gender-Based Violence Programs	31%	●
EFAP / Workplace Services	20%	●
Community Outreach	17%	●
Young Parent Program	5%	●





Visit us online to book an intake appointment or learn more:
familyserviceregina.com

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