



FIVE SAVE LIFE

# Annual Report 2022

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“There is nothing single about single parents”

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## Message from the Executive Director



In 2022, it marked a fresh beginning for many single-parent families emerging from the lingering effects of COVID-19. These resilient families aimed to start anew, free from the looming health concerns and the struggle to secure stable employment. They also recognized the importance of becoming an integral part of the healthcare system, leading to a career path shift. This transformation encompassed roles such as Social Service Workers (SSW), Social Workers (SW), counsellors, Personal Support Workers (PSW), nurses, and physicians.

I take immense pride in being a part of two remarkable families - the healthcare community and Five Save Life. It is with great admiration that I acknowledge the unwavering dedication of our volunteers, cooperative students, and contractors. Together, we continued our mission to support 800 single parents and their dependents throughout Ontario. and for that, I am genuinely grateful.

*Ansam Al-Neaimy*

## Message from the Vice President



In 2020 we published our first annual report. It is amazing how much has happened since then. At Five Save Life, we are committed to improving, empowering, and supporting lone-parent families and their dependents. Over this year, we have been blessed with an increase in services for these families by approximately 107%. These services target various aspects of lone parents' needs and the needs of their dependents including social, financial, educational, emotional, legal, or personal needs. We are there to guide, support, assist and help and provide as much stability in their lives as we can.

To enhance our services, we are endeavoring on an exciting project to identify needs and gaps in this community and have just begun to create a community profile that will give us a focused view of this unique sector of the community. Hand in hand with every family that seeks our services, we will continue to learn as we listen and grow with them to build a brighter future for them and their families and ensure that they can rise above the challenges they face.

*Walaa Sabih*

# Mission

Five Save Life Is A Non-Profit Community-Based Organization That Is Committed To Improving The Lives Of All Of Ontario's Single Parents And Their Dependents By Providing Them The Resources Needed And Offering Continuous Support.

# Vision

Our Vision Is to Accommodate And Help Empower Single Parents By Coming Together In Our Struggles And Creating A Family Within The Community.

# Values

Respect, Empathy, Co-Operation, Care, Open-Minded, Honesty



1406

Services in 2021

2313

Services in 2022

## Services Provided

Settlement Services

Mental Health  
Counselling

Advocation

Seasonal Support

Workshops

Assisting with Start-  
Ups a Business

## Settlement Services

We offer a variety of services for single parents:

- Housing
  - We were able to help 97 clients find their perfect home in 2022.
- Job Hunting
  - We were able to help 128 clients find jobs in 2022.
  - Mock interviews: Clients are encouraged to do mock interviews to reduce their stress and anxiety before a real job interview.
  - Resume Writing Workshops

13% of Five  
Save Life  
clients are  
single fathers







We were also able to host 3 leisure events to help introduce our clients to others who may be in similar situations.

These potlucks and gatherings bring together different cultures and allow our clients a chance to exchange experiences while having a much-needed break from everyday routine.





# 300

Backpacks been  
distributed in  
2022.

## Advocate

Five Save Life serves as the representative and advocate for 22 clients in the province of Ontario. This role encompasses working closely with various institutions, including government agencies and non-government organizations, to ensure that these clients' best interests and needs are met.

In the context of government institutions, Five Save Life collaborates with relevant authorities to secure the necessary support and resources for their clients. This can involve navigating various government programs, advocating for benefits, and working to improve the client's overall well-being and quality of life.



# 166

Translation and  
Interpretation Services  
accomplished in 2022.





# 213

One on one and group  
mental health consultation

# Workshops

FSL offers a variety of workshops:

- Settlement.
- Parenting.
- Legal.
- Financial.
- Wellbeing.
- Government Benefits.
- Babysitting & Home Alone Certificate.

**Workshop Topics:**

- Exclusive access to perks and rewards.
- RBC VIP Banking account.
- Eligible RBC credit card.
- Medical/Dental Royal Credit Line.
- RBC Home line Plan.

**FIVE SAVE LIFE**  
**RBC HEALTH CARE ADVANTAGE**

Speakers  
Shorouq Alkayyali  
Isabel Nastevski  
Sadaf Fatima

Sponsored by 




**Five Save Life**  
Empowering Single Parents  
info@fivesave.life  
www.fivesave.life

**Relax, Reset, Restart (3R) Meditation**

**Ashley Burton**  
Certified Yoga Instructor  
PYC At Work

- Learn beginner yoga techniques that can help enlighten your day.
- Importance of wellness & mental health.
- How to feel relaxed and grounded within minutes.




**Home Alone Program**

- Three Hour Course
- Virtual Course (via Zoom)
- Basic First Aid & Safety Tips
- Certificate provided upon passing the final exam.

Email [info@fivesave.life](mailto:info@fivesave.life) for further questions and fees.



**FIVE SAVE LIFE**  
Presents  
**FINANCIAL LITERACY CERTIFICATE**

**SESSION 5: RESUME BUILDING**




**Looking for a new career?**  
**Free tuition available**






Five Save Life Present

# BABYSITTER TRAINING COURSE

## ONLINE COURSE

- One Day Full Time Course
- Babysitter Training book
- Certificate & License Card provided upon completion
- Prevention and Basic FirstAid
- Training to care for children age 3 months and up



FOR FURTHER QUESTIONS, DATE, TIME AND  
FEE EMAIL [INFO@FIVESAVELIFE.ORG](mailto:INFO@FIVESAVELIFE.ORG)



## Babysitting Course

The babysitting course is designed for individuals aged 12 to 16, aiming to prepare them for responsible childcare. The program includes 8 hours of intensive training, covering essential subjects like child safety, basic first aid, age-appropriate activities, and effective responses to common childcare situations. After successfully completing the course, participants will have the skills and knowledge needed to care for children between 3 months and 11 years. To evaluate their comprehension, a final test is conducted with a pass rate of 75%. Upon successful completion, participants will receive a wallet certificate and a wall certificate, acknowledging their commitment to becoming capable and self-assured babysitters. Moreover, the manual book is provided to participants upon registration.

# 128

Clients found  
jobs with the  
assistance of  
FSL resources  
in 2022.



# Client's Award



**FIVE SAVE LIFE**  
*Summer Camp Award*



**Five Save Life** is pleased to announce our first financial support for your participation in a summer camp. To be eligible for this support, the applicant must be:

1. A dependent of a Five Save Life client.
2. A student in grades 9-12.
3. A resident of Ontario.

If you are interested and meet the above requirements, please submit your letter of interest by June 30th to [info@fivesavelife.org](mailto:info@fivesavelife.org)

Note: If selected, you will be required to provide photos and testimonials during and after the camp program. Successful applicants will receive financial assistance of up to **\$300** towards the cost of the summer camp.



**FIVE SAVE LIFE**  
**FATHER OF THE YEAR AWARD**



We are pleased to launch our first single father's day award. To be qualified for this award, you need to :

- Be a single dad .
- Send an email to [info@fivesavelife.org](mailto:info@fivesavelife.org) explaining why the candidate considers the father of the year. Before June 15, 2022.
- Agree with publishing his story and pictures in our media.



**\$100**





## Assisting with Start-Ups a Businesses

At FSL we encourage clients who have business ideas to utilize their skills to start their businesses. We help clients by studying the industry they wish to work in and the requirements for registering their business. We also support them with tools if needed and work on marketing their business in the community. This includes posting their products or services on FaceBook and WhatsApp group chats. We make sure to support our clients and are proud to have them come back as mentors looking to give back to the community that has helped them make their dreams a reality.

In 2022 we were able to help 26 clients start their small businesses

# Yearly Budget



Revenue	
Peel Region	
Core Fund	\$99,920
Donors and fundraisers	
Private donors	\$ 5,790
Storage income	\$ 5,534
Workshops	\$1.125
Funderising	\$2,520
Total revenue	\$ 114,889



Expenses	
Salaries and benefits	\$76,919
Direct Aid	\$575
Logistic	\$ 379
Rent	\$ 6,581
Media and Software	\$ 322
Gifts and Events Expanses	\$ 2,953
Bank Charges	\$ 89
Office supplies	\$ 3,206
Total Expenses	\$ 91,024
Net Total	\$ 15,496.08

## OUR TEAM

Ansam Al-Neaimy	Executive Director, ansam@fivesavelife.org
<b>Durham/York 905-927-5433, Ext. 1 &amp; 2</b>	
Shima Ahmed	Area Manager, Shima@fivesavelife.org
Manar Kadora	Intake Form Supporter
Wejdan Ismail	Event Coordinator
<b>Peel Region 905-927-5433, Ext. 3</b>	
Walaa Sabih	Area Manager, wksabih@fivesavelife.org
Amal Alriyahi	Client Support Coordinator
Entisar Hamour	Intake Form Supporter
Bayan Al Halabi	Marketing and Advertising

<b>Halton Region 905-927-5433, Ext. 4</b>	
Zakia Sulliman	Area Manager, info@fivesavelife.org
Maro Ibrahim	Intake Form Supporter
<b>Hamilton Region 905-927-5433, Ext. 5</b>	
Lina Almadhoun	Area Manager, Lina@fivesavelife.org
Mohamed Zainy	Intake Form Supporter
Raghad Adam	Outreach Coordinator
<b>London Region 905-927-5433, Ext. 6</b>	
Tahia Ebrahim	Area Manager, info@fivesavelife.org
Gehad Elrefaey	Intake Form Supporter
Nahed Ibdeh	Program Coordinator
<b>Other departments</b>	
Galal Hamid	Procurement Officer, info@fivesavelife.org

# Thank You

We extend our heartfelt gratitude to our funders, partners, and supporters. Five Save Life collaborates with a diverse range of organizations, enabling us to deliver the comprehensive services we provide to our valued clients. We want to express our sincere thanks to all of you for your unwavering support, which allows us to offer a well-rounded and holistic experience to our clients.

Additionally, we express our deep appreciation to the guest speakers and dedicated volunteers who selflessly contributed their time, expertise, and experiences to help foster a sense of community and bring us closer together. Your contributions have significantly impacted us, and we are truly grateful for your dedication..

## Our Funders



Government  
of Canada

Gouvernement  
du Canada

Canada



**Region of Peel**  
working with you

# Our Partners



**My Furniture Bank**  
So that everyone has a furnished home



**Royal Bank**

**Operation**  **Smile**



**National Zakat  
Foundation™**



**SAKEENAH HOMES**



# Our Supporters



# Contact us



 [Info@fivesavelife.org](mailto:Info@fivesavelife.org)

 905-927-LIFE (5433)

