



ANNUAL REPORT 2017-2018

Our Mission

As we get ready to celebrate the 40th anniversary of Multiple Births Canada (MBC) we are honoured that MBC has been a part of thousands of families across Canada.

Each year over six thousand new families find out that they are not just pregnant with one baby, but they are expecting two or more. *It is the Mission of MBC to improve the quality of life for multiple birth individuals and their families in Canada.*

We fulfill our mission by providing support, education, research, and advocacy both nationally and internationally to individuals, families, affiliate chapters, and organizations that have a personal or professional interest in multiple birth issues.

The current Board of Directors are committed to upholding this mission, and to continuing the work of the volunteers who came before us.



Message from the MBC Board Chair



Everyone who has ever volunteered for anything knows the power of working together with others to empower an organization to do good things. Our volunteers are the heart of Multiple Births Canada and all of our Chapters.

This year our volunteers worked together to offer support, care and resources to families all across Canada. It started with an idea. Multiple birth families all know the shock of finding out that the one baby there were expecting, has a partner or partners. The moment when you have no clue what having twins is going to mean, if your body can provide for triplets and where is everyone going to sleep... OH PLEASE LET THEM SLEEP! How can MBC offer something to families in these first moments? The idea of a poster in ultrasound clinics was born.

Volunteers across the country came together in many ways for this project. Each using their own skills and talents to make this happen. Poster design, French translation, fundraising and donations, researching addresses, keeping them all organized, stuffing envelopes, hand delivering and licking stamps... every volunteer who worked on this project made a difference. The Board of Directors sincerely thanks everyone who had a hand in this project.

At the 2017 Retreat I shared a story and a card with everyone there. The Starfish story is about making a difference for just one person. While writing this message, I was searching online for the story, so I could copy and paste it here. I ended up finding the story but with a **“alternate ending”**. The original story ends with the little girl saying, I made a difference to that one. This version takes it one step further.

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, “Little girl, why are you doing this? Look at this beach! You can’t save all these starfish. You can’t begin to make a difference!”

The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, “Well, I made a difference to that one!”

The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.

How could I have missed that part before. The girl not only helped, but she inspired others to do the same. This happens every day in our chapters. Volunteering inspires volunteering. When one person helps, others join in. And when our children see us volunteering, it opens them up to new and exciting experiences of their own.

Thank you all for being part of the MBC family.

Heather McAuley

Highlights of 2016-17

The MBC Fiscal year ran from April 1st 2017-March 30th 2018.

We celebrated National Multiple Births Awareness Day 2017 by bringing awareness to the need for **“Postpartum Emotional Support & Wellness for Multiple Birth Families.**

Multiple Births Canada is committed to bringing awareness of the increased risk for new mothers of multiples to experience postpartum depression, anxiety and other mood disorders. See what was done to promote this important issue here and read the stories that were shared [here](#).

The theme of the **2017 Retreat and AGM was PLANTING SEEDS TO HELPING CHAPTERS BLOOM.** The MBC Board of Directors were very excited to plan and welcome delegates from across the country to Haliburton, ON for this educational and fun-filled weekend. [Click here](#) for more information about what happened at this great weekend.

Ultrasound Project This project was finally taken from a dream to a reality. The poster was created, printed and mailed to 100's of ultrasound clinics across Canada. Thanks to our chapter volunteers for getting them mailed out!!

The **2017 Making a Difference Award (MADA)** winners were announced at MBC's National Retreat on October 21st, 2017 during our banquet dinner. Congratulation to all the winners and thank you for your contributions to MBC.

This year we started the official **MBC webinar series.** From Managing the Winter Blahs, Building a robust Relationship with your partners, Multiples in School and Travelling with kids these webinars provided great information to those that attended live, and they are still available ON Demand [Click here](#) for the list .

MBC continues our international partnership with the [International Council of Multiple Births Organizations \(ICOMBO\)](#) and [International Society for Twin Studies \(ISTS\)](#). From **ICOMBO**, the 2018 International Multiple Birth Awareness Week theme is “Research with multiples benefits everyone. Celebrate your multiples all week, November 5-12th, 2018.

Giving Tuesday is a reminder at the start of the holiday season to give back to your community. This year's funds were designated to our Ultrasound and Loss projects. Thank you to everyone that donated.

MBC continues to be completely volunteer lead, with only one part time staff. We could not do anything without the support of donors and volunteers. There are so many people volunteer for MBC in large and small ways throughout the year. This volunteer support is invaluable. MBC also counts on your financial contributions. Whether it is your direct or chapter membership, sponsoring the annual conference, or donating directly to one of our campaigns, we thank you for your support.

Volunteer recognition



Board of Directors 2016-17

Cathy Brohman
Shirley Combden
Sheri Franklin
Tracey Jardine
Carolyn Leighton-Hilborn
Heather McAuley
Ruth Morton
Elaine Nugent
Yvonne Blake

Advisory Board

Dr. Cathy Barr, ON
Dr. Jon Barrett, ON
Jane Denton, UK
Dr. K.L. Jang, BC
Lynda Haddon, ON
Dr. Barbara Luke, USA
Jean Kollantai, USA
Dr. John Mascazine,
USA
Stephen Moreau, ON
Cheryl Wadasinghe,
ON

National Volunteers

Jacquelyn Agar-Hurst	Valerie Hodgins
Natalie Albrecht	Dee Nelson Johns
Robert Beaven	Jenna Kelland
Michelle Bernard	Cathy Latouf
Lisa Boehm	Carolyn Leighton-Hilborn
Krystle Bruce	Muffy McKay
Sheila Catto	Renee Miron
Tyrell Chillibecki	Gail Moore
Murielle Dietrich	Darlene Nagy
Nicole Dube	Lori Oldfield
Nicole Fisher	Laura Reid
Stefanie Gemmell	Josée Roy
Lynda Haddon	Theresa Sanders
Julie Hallman-Brown	Rebekah Unger
Patricia Harber	All Chapter volunteers
Julila Hemphill	All Ultrasound volunteers

Donor Recognition

Yvonne Blake

Lisa Boehm

Cathy Brohman

Sheila Catto

Shirley Combden

Sheri Franklin

Tim & Nicole Fisher

Lynda Haddon

Ketsia Houde-McLennan

Tracey Jardine

Bryn Jonzon

Donna Launslager

Carolyn Leighton-Hilborn

Christian Martin

Heather McAuley

Ruth Morton

Elaine Nugent

Wendy Rathwell

Victoria Riley

Theresa Sanders

Adrienne Steer

Karen Turner

Susan Williams

Edmonton Twin & Triplet Club

Temiskaming Multiple Births

Twins Triplets and More Association of Calgary

Windsor/Essex POMBA

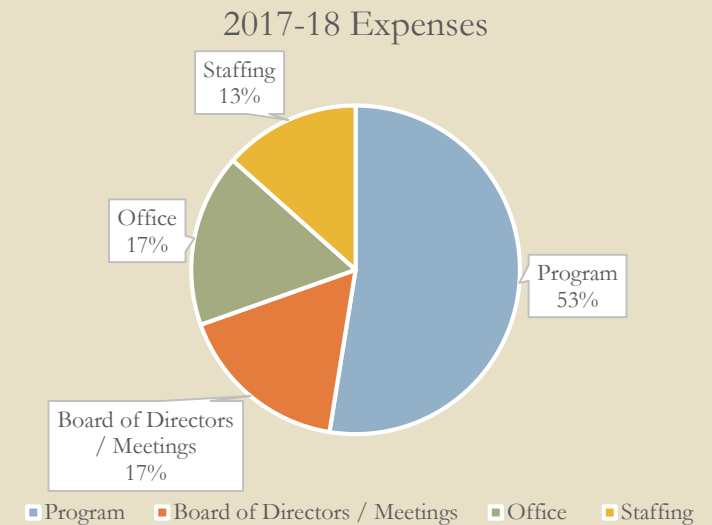
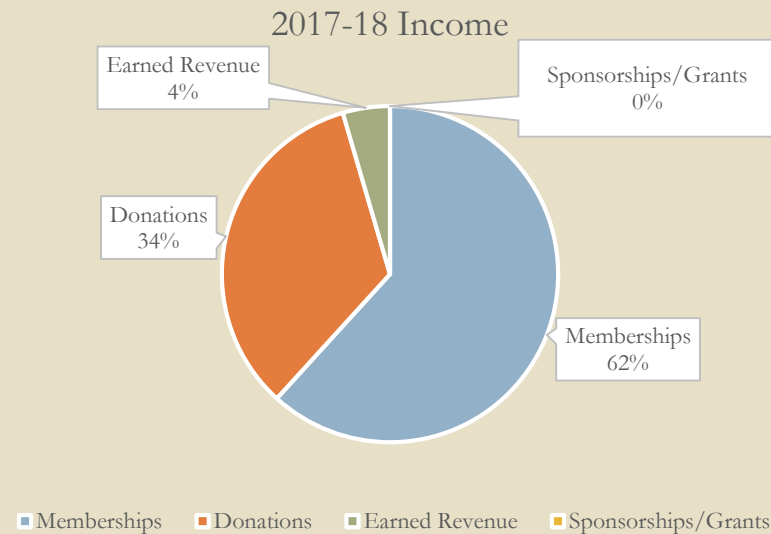


Financials

2017-2018 continued to see some significant changes in MBC's financials. With membership revenue and donations down, MBC continued to trim administrative costs bringing our expenses in under budget while also hosting the 2017 Retreat. Donations continue to be a main source of income for MBC and we are very thankful to those who support MBC. MBC's main financial objective for the next fiscal year is to be successful in its granting and sponsorship requests supporting initiatives such as the Purple Butterfly Project, an educational program done in partnership with hospitals to support parents who are grieving the loss of a newborn or newborns while caring for the surviving siblings.

The MBC Board wishes to acknowledge those Chapters who quietly support the Board's activities by covering costs for us to attend Interim Meetings and Conferences/Retreats. Your generosity has touched us in many ways and we are forever grateful to all of you.

A copy of Multiple Births Canada's 2017-2018 financial statements can be found [here](#).



Looking forward

Our next fiscal year, is a year of celebration. In 40 years as the only Canadian organization, MBC has always been committed to helping families by providing information, resources and support to families from coast to coast.

We kick this off on National Multiple Births Awareness day, by celebrating “Growing up Multiples”. Not only does this theme reflect the growth of our children, but the growth of the organization that supports us. We are asking families to share their stories of challenges and celebrations of growing up as multiples.

We will celebrate this milestone in Burlington, ON from October 19-21st at our Annual Conference and AGM. The Board of Directors has been planning this for over a year and is working hard to ensure a great time is had by current and alumni members of MBC. The Gala Banquet on Saturday evening will celebrate our volunteers with the annual Making A Difference Awards (MADA).

This year will also see the launch of the “Purple Butterfly Loss Project”. This special project reaches out to families that have lost a baby or babies from within a set of multiples and also have a surviving baby or babies. It is designed to comfort families who suffer this unique situation of simultaneous grief and joy. Watch for more information coming soon.

We hope to continue to grow our webinar series, by finding out what exactly multiple birth parents want to talk about and finding time when we can meet together online.

MBC grows when we work together. MBC is always looking for volunteers to help with a variety of tasks, small and large. Reach out today and see how you can help.

