



Community Counselling Centre
of London

ANNUAL REPORT



Scan Me

20

23

MESSAGE FROM OUR EXECUTIVE DIRECTOR



A word that we use a lot in our work at the Community Counselling Centre of London is SUPPORT.

Clients who come for therapy are looking for support to make positive and life-giving changes in their lives. People who experience the ongoing impact of trauma in their lives did not receive the support they needed at the time of the traumatic event. The hope in the midst of current pain and suffering is that with the right support, life change and transformation can happen.

Therapist interns provide therapy to clients at the Centre with the support of supervisors who mentor them in learning how to put into practice all the knowledge and skills they have learned in their graduate counselling courses.

Our 2023 statistics tell the story of the Community Counselling Centre of London and the support that we have provided to clients and therapist interns through the year.

We could not do what we do without the support of private donors, corporate sponsorships and grants. We end the year with much gratitude for all the support that the Community Counselling Centre of London has received.

With gratitude,

Alida van Dijk, Executive Director



Alida van Dijk

OUR VALUES

**ALL PEOPLE HAVE
WORTH AND VALUE.**

**ALL PEOPLE DESERVE TO BE
TREATED WITH DIGNITY
AND RESPECT.**

**ALL PEOPLE DESERVE ACCESS
TO AFFORDABLE
COUNSELLING SERVICES.**

OUR MISSION

- Provide affordable counselling services to people who need it in the City of London and beyond.
- Provide quality training and clinical placement hours under direct supervision to therapist interns.



OUR PROGRESS

COUNSELLING

IN 2023...

82.5%

OF OUR CLIENTS RECEIVED **FULLY SUBSIDIZED** SESSIONS



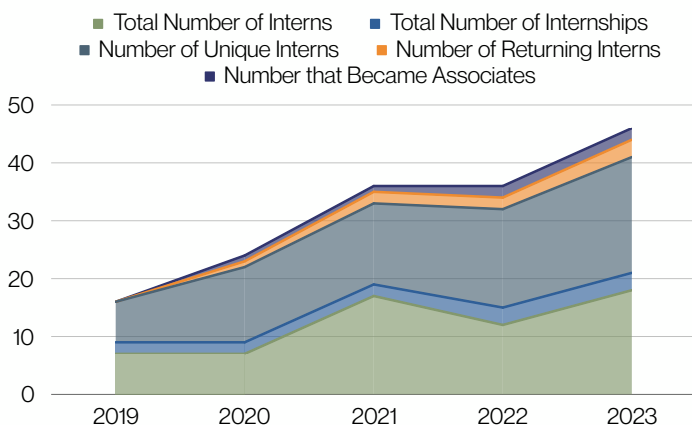
19%

INCREASE IN THE **NUMBER OF FULLY SUBSIDIZED (\$0)** SESSIONS FOR OUR CLIENTS FROM 2022 TO 2023.



Total number of sessions includes both counselling sessions and supervision sessions

EDUCATION



PROVIDED 20 THERAPIST INTERNS WITH **QUALITY TRAINING** IN 2023.



EMMANUEL COLLEGE OF VICTORIA UNIVERSITY IN THE UNIVERSITY OF TORONTO



YORKVILLE UNIVERSITY



SINCE OUR BEGINNING IN 2019, WE HAVE HAD 9 INTERNSHIPS* AND 71 UNIQUE INTERNS.

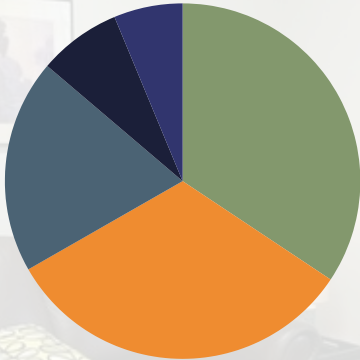
*each internship is eight months in duration



FINANCIALS

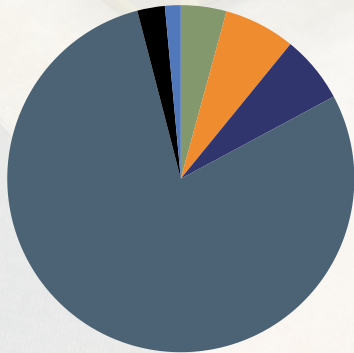
REVENUE

- 6.3% Training Fees
- 34.3% Client Fees
- 7.5% Fundraising
- 32.4% Grants
- 19.5% Donations



EXPENSES

- 6.4% Professional Fees
- 6.6% Associate Fees
- 4.2% Office
- 2.6% Insurance
- 78.8% Payroll
- 1.5% Marketing



GRANTS WE RECEIVED IN 2023



DIACONAL MINISTRIES
CANADA

\$5000



\$5,000 to improve our client experience through upgraded business phone system

Anonymous Family Foundation Grant

\$25,000 to provide 200 fully subsidized counselling sessions



CONGREGATION OF THE
Sisters of St. Joseph
IN CANADA

\$5,000 to provide 40 fully subsidized counselling sessions

GRANTS SUCCESSFULLY APPROVED FOR 2024 so far...



a three-year grant of \$75,000 for the Changing Lives Through Fully Subsidized Counselling Sessions (\$25,000 each year to provide 200 fully subsidized counselling sessions)



\$15,000 for hiring Grantsimple.ca to write grants



APPRECIATION



BRUCE - INTERN

“The work is challenging. The environment at CCCL is challenging, in a good way. It makes you look at yourself as you engage in your work, and it is so very supportive of what you are experiencing.”

“I couldn’t be more happy that I found the centre. I don’t like to think about where I would be without the centre. The impact on my life has been amazing, and the benefit is that I am still here, I am still functioning, and I am dealing with my problems better than ever.”



KYLE - CLIENT

“If you are looking for support in your community, this is the place. If you want to give support to something in your community, this is the place to donate to because they need your help. If you are looking for connection in the London Community, this is the place to reach out to.”

-Former Intern



2023 HIGHLIGHTS

LOCAL EVENTS

Love Yourself Canada Terror Squad 2023



London Pride Festival July 21-23 2023

CHANGE CAFÉ 2023

Empower Healing. Inspire Hope.

