



your journey starts here.

YMCA of Oakville
2015 Community Impact Report

Our journey

We are the YMCA Young Leaders Initiative (YLI) and we make a difference. In 2015, we came together as a group to understand the needs of youth in Oakville, to share our ideas, and make our voices heard.

This community impact report is our “yearbook”. And just like yearbooks you’ve seen, it’s designed to record, highlight, and commemorate the past year. It’s a spotlight on the impact of the work of youth and the YMCA – all captured from a youth perspective.

Within these pages, you’ll discover more about our journey together, and meet other youth whose journeys all started at the YMCA. Young people like Niya, who realized she did have a path to take; or Tyler, who helped others find a place to belong; or Alison, who found a supportive community; and Keja, a young girl who rediscovered herself and her confidence.

As you read their stories, we encourage you to think about where your own YMCA journey will take you and the impact that you can make. If you are new to the YMCA, we hope the stories in this yearbook will inspire you to make your mark too.



William Erskine

A handwritten signature in black ink that reads "Will Erskine".



Alison Hill

A handwritten signature in black ink that reads "Alison Hill".



Alana Moore

A handwritten signature in black ink that reads "Alana Moore".



Erin Ross

A handwritten signature in black ink that reads "Erin Ross".



Derek Banks
Staff Liaison

A handwritten signature in black ink that reads "Derek Banks".



Katherine Dziedzic
Staff Liaison

A handwritten signature in black ink that reads "Katherine Dziedzic".

William Erskine, Alison Hill, Alana Moore, Erin Ross

YLI Members

Giving youth a voice

Looking back, 2015 was a year of transformative impact. Our YMCA made great strides in improving the health and well-being of more children, youth, adults, seniors and families in Oakville. There were many accomplishments, but what stands out are the youth who began life-changing journeys – and in the process, discovered their voice.

Our YMCA Youth Engagement Strategy, and the subcommittees that were created from it, show what can happen when youth are given the chance to come to the table, collaborate, and have a voice and role within our organization. Their journey together is proof that when young people are given the opportunity to develop, they are inspired to lead.

This community impact report is a great example. Page by page, story by story, it shows the impact of our YMCA in the community from a youth perspective. It's also a testament to what can happen when youth work together with a shared passion and vision. From planning, writing of stories, photography, and design, they did an amazing job and we are so proud of their work!

As we come to the end of our current strategic plan, and look to the creation of our next, youth development will remain a key priority. We will provide a safe and supportive environment for youth to implement strategies they feel are important so they can make a positive difference in our community. We are excited to welcome their diversity, their wisdom – and their voice.

The slogan, "Nothing about us, without us," is the heart of our commitment to youth. Ideas need to be led by youth, for youth. Going forward we'll continue to listen to what our young people have to say and give them the opportunity to develop the skills to become future leaders of a stronger, healthier community.



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President and CEO



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Youth Engagement Strategy

As a charity, the YMCA of Oakville is committed to helping people of all ages, backgrounds and abilities reach their potential. Last year, we focused on youth and how we can involve youth in the present and future of our YMCA by having them interact with supportive leaders, build connections with fellow peers, and giving them a voice and role within our organization.

What is Youth Engagement?

Youth engagement is the meaningful and sustained involvement of a young person (13-29 years) in an activity, with a focus outside of him or herself. Through youth engagement, we can truly understand the needs of the youth community, create opportunities that support these needs, and promote the healthy development of these individuals.

The YMCA Young Leaders Initiative (YLI) was created with this in mind. In 2015, this group of young, passionate leaders tasked themselves with focusing on three areas that would help deepen youth engagement within the YMCA and within the local and global community.

Governance & Advisory

- Developed the mission for the Young Leaders Initiative and each subcommittee
- Created documentation surrounding the operation of YLI as a whole, and for each subcommittee
- Set a timeline for the committee's goals



Travel & Cultural Exchange



- Applied for our first YMCA Youth Travel & Cultural Exchange and was partnered with the YMCA of Prince George, BC
- Organized the application process and selected 20 youth participants

Leadership Programs

- Set key components for all youth leadership programs
- Identified the types of programs youth need and want available to them
- Launched new Youth Toastmasters program



2015 Youth Engagement Highlights



Newly formed YMCA Young Leaders Initiative engaged **22 youth staff** who volunteered **165.5 hours** of their time to the committee

4 new Youth Engagement programs launched:
Just the Guys
Newcomer Youth Outreach Council
TAG Leaders
Youth Toastmasters

5 outstanding YMCA youth leaders received bursaries through the Peter Gilgan Leadership Award

360 future leaders developed skills and confidence in youth leadership programs



Pictured (L-R):
Phebe Abaya
Logan Townsend
Kyla Champken
Connor Smith
Gabriella Paniccia

YMCA Youth Leadership Programs



Aquatics Leadership • Aquatics Mentorship • Just the Guys
Newcomer Youth Leaders • Newcomer Youth Outreach Council
Together as Girls (TAG) • TAG Leaders
Youth Leaders • Youth Toastmasters

Most likely to
SUCCEED!



I found what I am meant to do.

When I was in Grade 12, I felt lost and confused. While my friends were deciding where to go to university or college, I had no idea what path to take.

Then, my guidance counsellor told me about Halton Sport Leadership (HSL), a program to help youth like me develop skills, find a career path and give back to their community. She said, "Maybe it will lead to something." With no other options, I decided to try it. Turns out, it did lead to something – something more than I could have imagined.

With HSL, I discovered so much about myself. I learned that there are endless opportunities out there and that saying "yes" to them can open new doors. I took the program seriously and was rewarded with being that session's graduating valedictorian!

After HSL, I felt more confident and comfortable with my abilities. I applied to work for YMCA summer camp and it was awesome becoming a role model to younger kids in the program.

Today, I am proud to say that I do have a path! I'm working for the Child and Youth and Community departments at the YMCA and I love it! Without HSL, I would still be lost. Instead, I'm right where I need to be.

-Niya

Success starts here.

Niya's journey started with Halton Sport Leadership and the opportunity to realize passion and purpose. Your gift can help more young girls like Niya gain courage, confidence and a belief in their own unique abilities.

16 disengaged youth attended the free pilot Halton Sport Leadership program.

Every one of them celebrated their graduation.

The Halton Sport Leadership program is a collaborative, asset-based development program focused on providing low-income and at-risk youth with opportunities to develop leadership skills, expertise and certifications in sports and recreation. Partners in the pilot included Halton Catholic District School Board, Halton Public District School Board, Halton Poverty Roundtable, Halton Regional Police Service, Town of Oakville and YMCA of Oakville.

BEST
ROLE MODEL!



Tyler pictured with Just the Guys participant

We both found a place to belong.

It's hard to be a kid, especially when you feel different from your peers. My parents couldn't afford to sign me up for sports or summer camp, and as a member of the LGBTQ community, I was the victim of bullying.

My first experience with the YMCA was in high school as part of a program I was taking. I was blown away by how accepting people were. So when it was time for my placement in college, I jumped at the chance to work at the YMCA of Oakville.

I knew right away I had found a place to belong. I had the opportunity to interact with different people of all ages and everyone was so welcoming.

I met Carter at the Just the Guys program and saw myself in him right away. Although he acted out, I could tell he was looking for a place to belong, just like me. I shared my story with him and we built a relationship based on mutual respect. His behaviour started to improve and everyone noticed the change.

There are thousands of kids out there like Carter. Many aren't able to find the support they need. Thanks to the Y, Carter and I both found a place to belong. Now I want to make a difference in a career that helps other kids find a place to belong too.

-Tyler

Belonging starts here.

Tyler's journey started with finding a place, and people who accepted him. Your gift can help more kids like Carter find connections, support and a place to belong through free YMCA leadership programs such as Just the Guys and Together as Girls.

46 boys found a safe space to develop leadership skills at Just the Guys.

Together, they formed friendships and gained role models.

Just the Guys is a free community outreach program offering male youth aged 10-13 a chance to play sports and games, develop new friendships, and explore the topics that matter most to them.

2015 Year in Review

29,915* YMCA journeys

*number of people who participated in YMCA programs in 2015



4,668

children developed new skills, character and confidence at summer camp

1,860

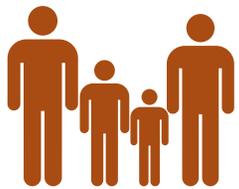
children, youth, and adults learned to be safe, in and around the water with YMCA swim lessons



11,665

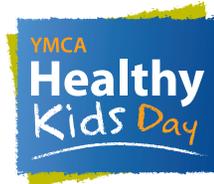
people pursued greater health and well-being through a YMCA membership

2 award-winning outdoor classrooms were built at YMCA child care centres to open children's imagination, stimulate their creativity and challenge their motor development



more than
1,400

families and kids learned how to make healthy, active living simple and fun on June 7 at YMCA Healthy Kids Day



St. Luke YMCA Child Care Centre

237
members connected on
their journey to better
health through the
Commit to Fit Challenges



1,593
donors contributed to the YMCA
Strong Kids Campaign, raising
\$271,340!



3,768 children were nurtured and cared
for in YMCA child care and before
and after school programs

9,824
people found a sense of
belonging through 33
free community outreach
programs and events

1 new YMCA before and
after school program in North
Oakville at the new Oodenawi
Public School

more than
4,500
people in our community came
together to celebrate YMCA
Peace Week in November



3
YMCA Peace Medallions were
awarded to youth and adults
making a difference through
their charitable work

2015 YMCA Peace Medallion award recipients:

Aiza Abid, Youth Category

Linda Coghlin, Adult Category

Vishal and Ishan Vijay of Every Child Now, Group Category (pictured)



BRIGHTEST FUTURE ★



I believed in myself again.

I knew I was going downhill, but didn't realize how fast until the day I ended up in the hospital. My body was fighting a serious infection and I felt overwhelmed by anxiety and depression.

I was working at my first "real" job, hired immediately after completing an internship. The position came with a lot more responsibility than I was prepared for and my manager was often away. Anxiety grew as I constantly worried about being fired for not knowing how to do my job. A concerned friend told me I needed to focus on my health and find a place where I felt more supported.

Several months later, I heard about a job opening at the YMCA. I was so nervous during my interview, and my insecurities made me think I wouldn't be successful. I was surprised and thrilled when they offered me the position.

I wish I could say things changed immediately but I continued to struggle with self-doubt. Then day-by-day things began to change. I found myself surrounded by people who believed in me, and I began to believe in myself again.

Today, I work two part-time jobs at the YMCA, and I have seen firsthand the impact YMCA programs have. But it's not just about the programs. The YMCA is a community that supports each other, no matter what. It's a place that changes lives. And I should know, because it changed mine.

-Alison

Support starts here.

Alison's journey started with finding a community who believed in her. Your support of the YMCA Strong Kids campaign can give more people in need the opportunity to be successful and achieve greater health in every way.

1,798 people in need received financial assistance for YMCA programs.

At the YMCA, they found a supportive and inclusive community.

We believe youth have a lot of potential to make a better future for themselves and their communities. Through YMCA Youth Engagement programs, we connect youth with the mentorship, encouragement and resources they need to develop into role models and leaders.

Biggest
Smile 😊



My daughter's confidence blossomed.

As a single mother of three girls, it's been difficult financially. I couldn't afford to enroll them in extracurricular activities. Although they have been very understanding, I still feel like I'm disappointing them.

When my husband and I separated, Keja, my oldest daughter, was the most affected. I saw the change immediately. Her smiles faded, her confidence dropped and her self-esteem was the lowest I have ever seen.

Then I heard about a free YMCA Multi-sport program running out of her school. I signed Keja up right away. The changes in her have been amazing.

After the first program, I signed her up for other free programs that included transportation with the YMCA community van. As a mom, I couldn't be happier about the changes I've seen in her. She has not only returned to her old, cheerful self, but she's also opened up a lot and made new friends.

All of these programs have made such a positive difference for our family. Keja's confidence has blossomed and my younger daughters have noticed the changes. Now they want to go to the YMCA programs too. As a single mom, I feel like I'm able to provide some great opportunities for my girls to grow and feel good about themselves - thanks to the Y.

-Carol

Confidence starts here.

Keja's journey started with access to a free community program at a time when she needed it most. You can help more girls like Keja by funding a community outreach program that brings YMCA programs to youth, and youth to YMCA programs.

248 isolated youth were able to access free community programs with the YMCA community van.

Each one found connections, support and positive role models who helped them discover their potential.

Growing up is full of challenges. The YMCA offers special support programs for youth that help them address issues that could limit their potential. In 2015, the YMCA community van, made possible through a generous donation, helped transport youth to programs and provide opportunities they wouldn't otherwise have access to.

Financial Highlights

(as of December 31, 2015)

	2015	2014
Statement of Financial Position		
Current Assets	\$4,029,010	\$3,074,888
Capital Assets	8,266,671	8,608,025
Total Assets	\$12,295,681	\$11,682,913
<hr/>		
Current Liabilities	\$746,802	\$815,249
Deferred Capital Donations and Grants	4,230,915	4,595,340
Net Assets	7,317,964	6,272,324
Total Liabilities & Net Assets	\$12,295,681	\$11,682,913
<hr/>		
Statement of Revenue and Expenses		
Revenue		
Programs & Services	\$17,753,418	\$16,482,389
Donations, Grants & Fundraising	493,082	396,148
Amortization of Capital Donations and Grants	368,985	366,174
Total Revenue	\$18,615,485	\$17,244,711
<hr/>		
Expenses		
Programs, Services, Administration & Amortization of Capital Assets	\$17,569,845	\$16,170,360
Total Expenses	\$17,569,845	\$16,170,360
Excess of Revenue over Expenditures	\$1,045,640	\$1,074,351

The summarized financial information is extracted from Annual Financial Statements audited by BDO Canada LLP, Licensed Public Accountants. A copy of the complete financial statements is available online at www.ymcaofaokville.org. Requests for a copy can be made by email to info@oakville.ymca.ca, or by phone 905-845-3417 or by written request to YMCA of Oakville, 410 Rebecca Street, Oakville, Ontario L6K 1K7.

Philanthropy starts here.

philanthropy

noun phi-lan-thro-py \fə-'lan(t)-thrə-pē\

The practice of giving money and time to help make life better for other people.

In its purest sense, philanthropy is just that – giving. As a leading charity with deep roots in our community, we believe that everyone should have the opportunity to benefit from participation in a YMCA program regardless of their ability to pay.

But we couldn't do this without the support of our donors, volunteers, community partners and funders, our staff and our community who give in so many ways that make a difference.

To everyone who has supported our work, thank you for giving so much to help more people achieve greater health in every way. Together, with your continued support, we can make an even bigger impact for more children, youth, families and adults in our community.



Your support is changing lives

Last year, **1,798** people turned to us for support and received financial assistance for YMCA programs thanks to our generous donors.

 **57** kids with families facing challenges were encouraged to learn and develop thanks to affordable child care

 **252** children were able to create amazing summer memories with financially assisted camp

 **1,489** people followed their journey to health with assistance for a YMCA membership (that's 1 in 5 members!)

Volunteers make a difference

We are thankful to the many volunteers who contributed in so many ways.

 **424** volunteers dedicated their time and talents to support YMCA programs and events, contributing a total of **9,700** hours

 **more than 20** students enriched their education and gained valuable work experience with a placement at the YMCA

 **37** youth became Volunteer Ready in a partnership with CYAN and thanks to funding from the Oakville Community Foundation

Our partners

We are proud to work alongside many outstanding community partners, charitable foundations and granting agencies. Thank you for your generosity and for your investment in our journey.

Program Partners

ArtHouse
Clearview Christian Reformed Church
Community Youth in Action Network (CYAN)
Halton Catholic District School Board
Halton Community Housing Corporation
Halton Healthcare
Halton Poverty Roundtable
Halton Public District School Board
Halton Regional Police Service
Halton Region Public Health
HMC Connections
Kerr Street Mission
Oakville Public Library
Our Kids Network
Town of Oakville
Whole Foods Market Oakville

Funders

A.W.B. Charitable Foundation
Canadian Tire Jumpstart Charities
CIBC World Markets Childrens Miracles Foundation
FCT Charitable Foundation
The May Court Club of Oakville
Peter Gilgan Foundation
RBC Foundation



Oakville Community Foundation
The Adrian and Mary Coote Family Trust
The Jackson Family Fund



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Ontario Trillium Foundation

Generosity starts here.

Without your donations, the YMCA would not be able to change lives the way it does. On behalf of all those who require help financially to further their journey, thank you for your generosity.

\$15,000+

A.W.B. Charitable Foundation
Michael Bowick and
Joanne Peters
Canadian Tire Jumpstart Charities
Peter Gilgan Foundation
Iovate Health Sciences
International Inc.
Kristian and Anita Knibutat
Ontario Trillium Foundation

\$14,999-\$5,000

The Gareau Family
Terry and Bonnie Jackson
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Optimist Club of Oakville
RBC Foundation
Taylor Manufacturing

\$4,999-\$1,000

Angela Bruce Chapter IODE
Kyle and Lori Barber
Mark and Vanessa Barr
BDO Canada LLP
CIBC World Markets Childrens
Miracles Foundation
The Adrian and Mary Coote
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CTI Working Environments
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Tino and Jamie Dossantos
D'Orazio Infrastructure Group
FCT Charitable Foundation
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Every gift is important and we appreciate the contributions of all of our donors.

A complete list of donors can be found on our website. Every effort has been made to ensure the accuracy of our lists and we apologize for any error or omission.

We invite you to contact us at 905-845-5597, ext. 401 to correct our records.



starts here.

*What will your
journey be?*

The front and back cover photos were taken by youth on the YMCA's first Youth Travel & Cultural Exchange in Prince George, BC.

MISSION

The YMCA of Oakville is a charity that strengthens community in spirit, mind and body.

VISION

The YMCA of Oakville will be at the forefront of positive change in the health and well-being of our community.

VALUES

Inclusiveness	Respect
Caring	Health
Honesty	Responsibility