



**MEDIA RELEASE**

**May 26<sup>th</sup> 2023**

**\$135,000 OTF Grant to YMCA of Oakville and Sheridan College facilitates Community Health and Well-Being Research Study**

**Oakville, ON** – On Friday, local MPP Stephen Crawford met with the team at YMCA of Oakville to hear more about the \$135,000 Resilient Communities Grant from the Ontario Trillium Foundation (OTF) that was used to facilitate a critical needs assessment research study with Sheridan College, the YMCA of Oakville and community residents from two local neighborhoods.

“Our government’s investment through the Ontario Trillium Foundation has engaged local residents in identifying their most pressing community health and well-being needs, as well as the barriers to participation and engagement” said Stephen Crawford, MPP for Oakville. “We are delighted to know that with our support, the YMCA will be able to develop the important relevant program interventions for the future.”

This partnership has been critical in helping the YMCA to understand program opportunities while empowering people to put forward their own suggestions to improve health and well-being of everyone in their community. The grant also funded the recruitment of a Community Outreach Facilitator who has been consulting with 2 Community Advisory Committees and working closely with the researchers to identify the most critical community health and well-being needs and opportunities which were exacerbated by the pandemic over the last year. The results of this study will inform program interventions for the YMCA, Sheridan College and other community organizations.

The final report will be published in June of 2023 and will identify needs related to mental health, physical exercise, healthy eating and food security – as well as the related barriers to addressing these gaps.

“The impact of this Ontario Trillium Foundation grant cannot be overstated,” said Teresa Rinaldi, Community Outreach Manager. “As we emerge from the pandemic, the knowledge gained from this study will include recommended program interventions for Sheridan College, the YMCA and other local community agencies; helping to chart the most relevant path to improve community well-being and resiliency for these neighbourhoods.”

The YMCA of Oakville is a charity that connects people and builds health and well-being for our community. For more information, please visit the website at: <https://ymcaofoakville.org/>

The Ontario Trillium Foundation (OTF), an agency of the Government of Ontario, and one of Canada’s leading granting foundations celebrates 40 years of grant-making in Ontario and making a lasting impact in communities. Last year, OTF invested over \$110M into 1,022 community projects and partnerships, which included funding for the Government of Ontario’s Community Building Fund. Visit [otf.ca](https://otf.ca) to learn more.

**Organization Contact for Media Inquiries:**

Cathyann White, Vice President Operational Development and Program Growth  
YMCA of Oakville  
905-359-2585  
[cathyannwh@oakville.ymca.ca](mailto:cathyannwh@oakville.ymca.ca)