

Shine On  Oakville

IGNITE THE *Light*

2023
IMPACT
REPORT





Sparking Change

Inspiring Lives.

We are grateful for the support of our community and proud to highlight the following programs and projects delivered in 2023, made possible through generous donations, sponsorships and grants. Thank you for being a part of our journey and helping to be the spark that ignites positive change in our community.

\$261k

Awarded in Financial Assistance
for Health, Fitness
and Aquatics Programing

998

People Received
YMCA Financial Assistance

12

New Programs
Launched

\$833k

Total Grants
Awarded*

429

Donors &
Contributors

*MSLE Foundation, Resilient Communities, Public Health Agency of Canada, Jumpstart, Community Service Recovery Fund, CIBC Foundation, Peter Gilgan Foundation, Jays Care Foundation, United Way Halton-Hamilton, ParticipAction, JP Bickell Foundation, Peter Kenny



HALTON SPORT LEADERSHIP PROGRAM



Empowering Youth through the Halton Sport Leadership Program

The Halton Sport Leadership Program develops leadership skills and provides employment certifications for local youth. This year, more than 20 young people completed our program, the majority of whom are now employed and/or back in school.

20
Youth graduated from HSLP this year



Helping Youth Build Mental Well Being

38 youth completed the Y Mind program in 2023, developing new skills to cope with difficult emotions, building mindfulness, and fostering self-compassion in a positive and safe environment.

40 Y Mind Graduates in 2023
800 HOURS of programming completed



FAMILY PLAY CENTRE

COME PLAY WITH US!

A New Place to Connect

A \$150,000 Capital grant, from the Ontario Trillium Foundation, supported the building of the new Family Play Centre. This Centre is already a big hit with families. The expanded vision for this space includes the purchase of some specialized equipment to facilitate additional programming for children on the autism spectrum and those who may have complex learning needs, thanks to a \$5000 gift from the Oakville Optimist Club.



PETER GILGAN Leadership Awards 2023

Cultivating Leaders: The Peter Gilgan Foundation Scholarship

Made possible through a generous gift from the Peter Gilgan Charitable Foundation, this scholarship was awarded to five YMCA of Oakville employees who have demonstrated leadership and contributed to both the YMCA and the broader Oakville community. The Peter Gilgan Leadership Award is a bursary valued up to \$4,600, awarded to employees to support their post-secondary education expenses.



COMMUNITY PROJECTS



Removing Barriers to Health and Well Being

This project delivered in collaboration with Sheridan College, convened groups of people across our community to discuss the most challenging barriers they face in accessing programs and services to build a healthy lifestyle. With a focus on underserved communities, the research and feedback gained through this project will inform program planning for the YMCA and other local providers for years to come.



Improving Mobility: Reducing Pain

Our Physio Aid participants realized many positive impacts including improved mobility, lower pain levels and sense of support and community working among peers with similar experiences.



COMMUNITY SERVICE RECOVERY FUND

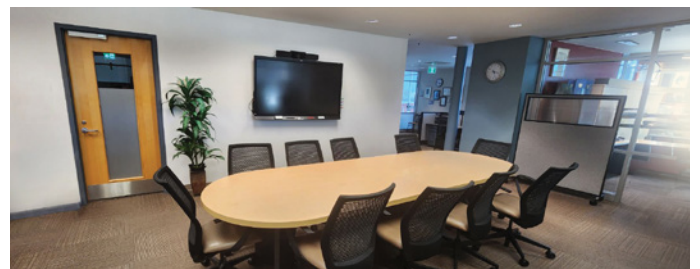
Expanding Sports and Recreation at the YMCA

Thanks to the Ontario Sport Network, we were able to expand our sports and recreation programming to include more skill-building sessions with certified coaches, fun competitions, and league play. Additionally, we were able to resume free sports and recreational programs in Oakville's underserved neighborhoods.



New Spaces and Tools to Connect

Thanks to the Community Services Recovery Fund, we were able to create two new training and meetings facilities, each equipped with Smart Board technology and hybrid interconnectivity. These spaces will be used by YMCA staff and volunteers and local organizations who need well equipped spaces to meet and learn.



Fill the Court



As the place where the first basketball game took place, the YMCA knows how sports can be a gateway to youth engagement. Our Fill the Court Campaign provided free access to sports and recreation for more than 80 youth across our community. These fun programs are about safe play, skill development and opportunities to build character, and leadership.

180

Children and Youth



Fill the Pool



Our Fill the Pool Campaign ensures that a child or youth can learn to swim—a critical life skill—and can include support for their education in Aquatic Leadership Programs, Lifeguarding, and First Aid Certification. These qualifications provide a great first opportunity for youth to gain employment in Aquatics; for many, this first job will be with the YMCA.

\$39,899

Awarded

197

Children Learned How to Swim



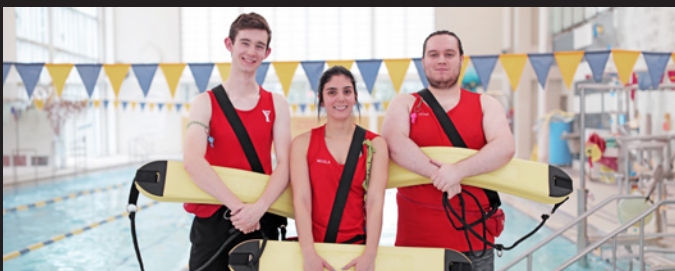
Fill the Chair



As a result of generous contributions, 80 youth received bursaries to pursue Aquatic Leadership Certifications leading to gainful employment.

80

Leaders for the Future



Fill the Bus



A week at Summer Day Camp can be lifechanging. It can be a chance to experience some independence, learn new skills and make new friends. Our YMCA hosts more than 1300 children and youth every year in Summer Day Camp Programs. By donating to Fill the Bus you ensured even more children in our community get a chance to share in the fun.

56

Children received financial assistance for multiple weeks of summer camp

\$46k

Donated



“

I learned that working together to get something done is valuable in many ways because it creates friendships. Teamwork is always the way to go.

”

“

I learned about responsibility from showing up to every meeting. I learned about being determined and to stick by something no matter how hard it is or challenging.

”

HSLP Participants



“

I couldn't properly get a hold of my thought spirals and I was struggling to self-regulate my emotions. Prioritizing more mindfulness techniques that I learned from ACT has been helping me lately even during the worst times. Sharing my thoughts in a group helped me come out of my shell. Y Mind was a safe space to discuss life experiences and have people listen without trying to "save" me. It has been a wonderful, eye-opening journey.

”

– *Chloe*
YMind Participant



Y Mind

“

The new PhysioAID program conducted by Ryan French has been extremely beneficial in my recovery from Patella Surgery, assisting in strengthening and range of motion of my knee. Ryan has been amazing being supportive and explaining/teaching effective exercises for my condition. The program is motivating and I can feel progress and improvement in my knee pain after only a few short weeks!

”

– *Trudy Barber*



“

The YMCA has done so many good things in my life... I always feel at home, and they **make me feel so welcome.**

”

– *Juliet*





Thank You!

Thanks to the generosity of our many donors, sponsors and funders, the YMCA continues to be a catalyst for positive change in the lives of individuals from all walks of life. Every day, people discover and unlock their full potential through YMCA programs and services. Your support helps break down barriers to participation, ensuring that children, youth, and adults can learn, grow, lead, and no one is left behind.

If you haven't joined our community of supporters yet, we warmly encourage you to visit www.ymca.donatenow and make a meaningful contribution to the YMCA of Oakville. Your support plays a vital role in empowering individuals, fostering growth, and creating positive change in our community. Together, let's make a lasting impact.





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