



STRONGER TOGETHER

2022 Impact Report

YMCA OF GREATER HALIFAX/DARTMOUTH

Message from our Board Chair and President & CEO

Dear YMCA Friends,

2022 was a year of recovery for our YMCA, and we became stronger because of the deep roots we've grown in community working alongside partners and donors who understand the impact of the Y. With over 100 community partners, we have taken big strides in strengthening and broadening our impact in our communities.

Much of our work directly responded to the most urgent needs our communities are facing. We introduced new YMCA wellness programs geared towards supporting community members managing chronic illness and disease through YMCA LiveWell, along with youth resilience programs to help youth manage their mental health and remain academically engaged.

We developed a new Annual Campaign, "Everyone Has a Story", and not only achieved our fundraising goal, we doubled it. Funds raised through this campaign supported much-needed YMCA programs and services, eliminating barriers, and ultimately impacting thousands of lives.

In partnership with the Province of NS, Government of Canada, and community partners, our Immigrant Services Team supported more than 1,300 war-displaced Ukrainian Nationals entering Nova Scotia. We connected over 30,000 individuals to opportunities through our Employment Services. Online and in person our team helped assist clients in navigating our precarious labour market.

In 2023, we are striving to create healthier and more equitable communities. We look forward to all that we will achieve, and it is clear that our impact is stronger together.

Thank you for joining us in caring for our community,



Sonya Fraser
Chair, Board of Directors



Brian Posavad
President & CEO



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Sarah Young

Life Members

Audrey Manzer
Lou Gannon

Impact at a glance

*Participants includes all YMCA members and clients. It captures our programs' cumulative reach during the year.



YMCA programs and services operate in over 100 locations
across HRM and Nova Scotia



1,583 people received financial assistance
totaling approx. \$370,000



46,178 participants*



2,473 campers
YMCA Camps



6,500 newcomers
YMCA Immigrant Services



522 youth
Youth Leadership Programs



9 centres serving 303 children
Child Care



over 30,000 clients
Employment Services



6,380 members
Health & Fitness

Made possible by:



313 Donors



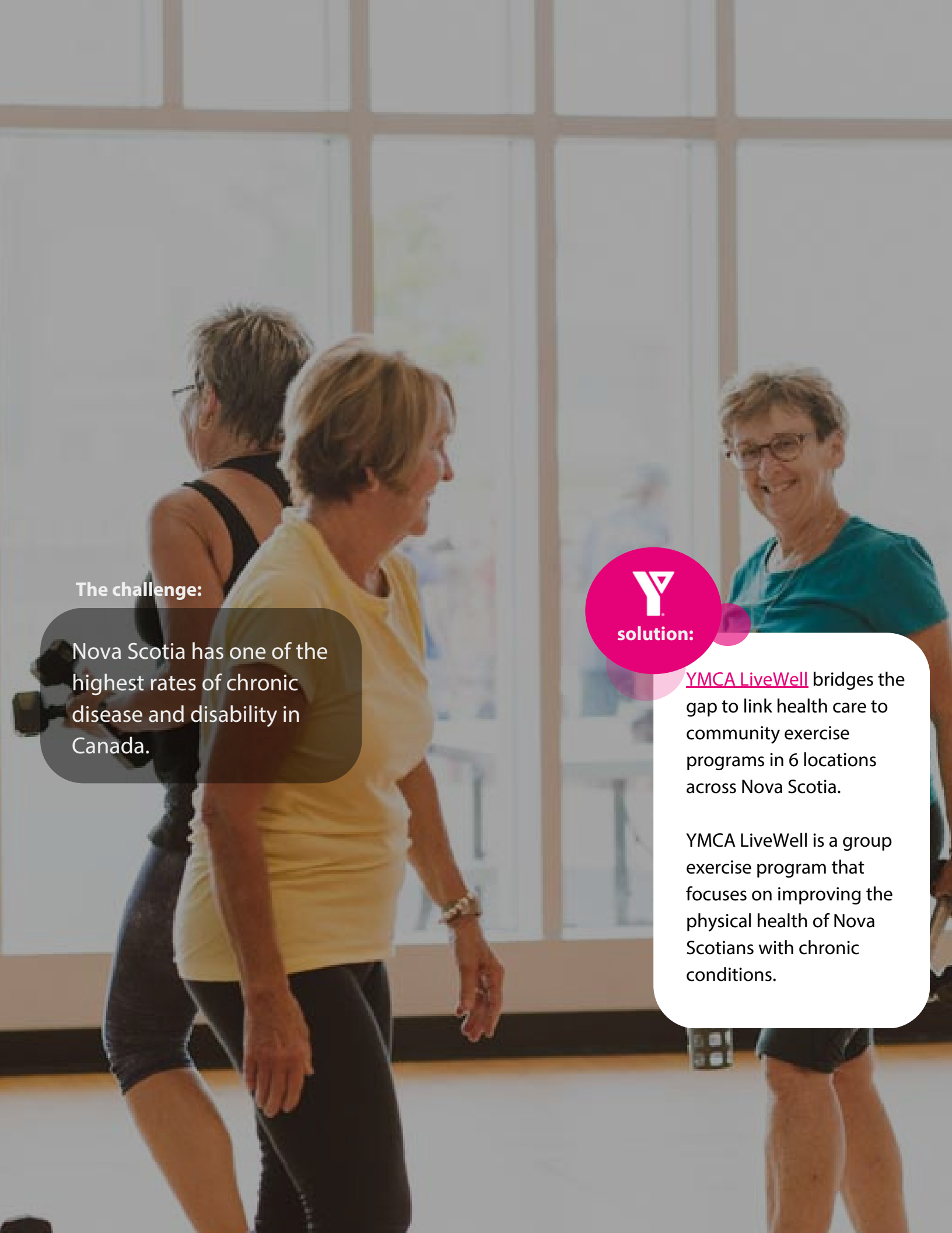
421 Staff



100+ Volunteers



\$1,344,470 in funding
from Grants and Foundations

The background image shows three women in a bright, modern gym or community center. They are dressed in athletic wear. One woman in the foreground is wearing a yellow t-shirt and black leggings, holding a dumbbell. Another woman behind her is wearing a black tank top and leggings, also holding a dumbbell. A third woman on the right is wearing a teal t-shirt and black shorts, smiling. Large windows in the background let in natural light.

The challenge:

Nova Scotia has one of the highest rates of chronic disease and disability in Canada.



solution:

[YMCA LiveWell](#) bridges the gap to link health care to community exercise programs in 6 locations across Nova Scotia.


YMCA LiveWell is a group exercise program that focuses on improving the physical health of Nova Scotians with chronic conditions.



11
in-person, local
settlement and
integration
support sites


20+
language
instruction sites

YREACH



8
YMCA NS
Works
locations
across HRM

Employment Services



40+
YMCA School
Settlement
locations
across HRM

YMCA School Settlement



Allie May

Big Cove YMCA Past Camper and
Current Camp Counsellor

When Allie was offered a job at YMCA Big Cove Camp as a Camp Counsellor, she felt very nervous. While she was a past Big Cove camper, she hadn't worked with kids before. She also wasn't sure what to expect as a transgender person.

Allison May (she/her), known as Allie, is a true extrovert; she values the people in her life, and she loves being around people. So much so that she envisions a future career that empowers her to continue being around people. People that know her would describe her as charismatic, generous, and she says she does the best she can in every situation. When she's not spending time with people, she can be found outside taking walks or drawing in a local coffee shop.

Her first trip to Big Cove Camp was back in 2013. Every year, her cousins came home from the United States, and they wanted to make connections with people in the area, so to Big Cove they went as a family. Allie thought being outside at camp for a week seemed like a fun way to spend time with her family. But it wasn't until nine years later when she came back to camp as a leader that she truly understood the magic of camp.

"It was the first time I felt genuinely welcomed," says Allie, when speaking of camp staff, Ben and Alex. The team immediately made Allie feel safe, welcome, and accepted, and that was a feeling she passed along to other campers.

One of Allie's favourite camp memories was her first outtrip as a Camp Counsellor. Outtrip is a 10-day trip that's part of the leadership program, campers go on a canoe excursion led by Camp Counsellors and spend 10 days camping in the woods. They learn skills like cooking, canoeing, pitching tents, making a fire, and maintaining your camp site. During outtrip there are no showers, no technology, and not everyone has an instant connection to the outside world.

"One of my favourite moments was when our outtrip group were sitting around the campfire in a circle, chatting about our lives and some kids opened up about their feelings and emotions. It was a lovely experience we had together. My colleagues and I were with them for a month that summer. After the trip, they shared how much I meant to them. I don't think they realized how much they meant to me."

Allie wants parents and kids to know that "Camp can change the trajectory of a life. Having the opportunity to give someone a camp experience who may not have had it, giving them a week with amazing counsellors and a week of fun. It opens doors and new mindsets. It's the beginning of a big butterfly effect."

"Camp is an opportunity for people to be themselves, without fear of judgement."



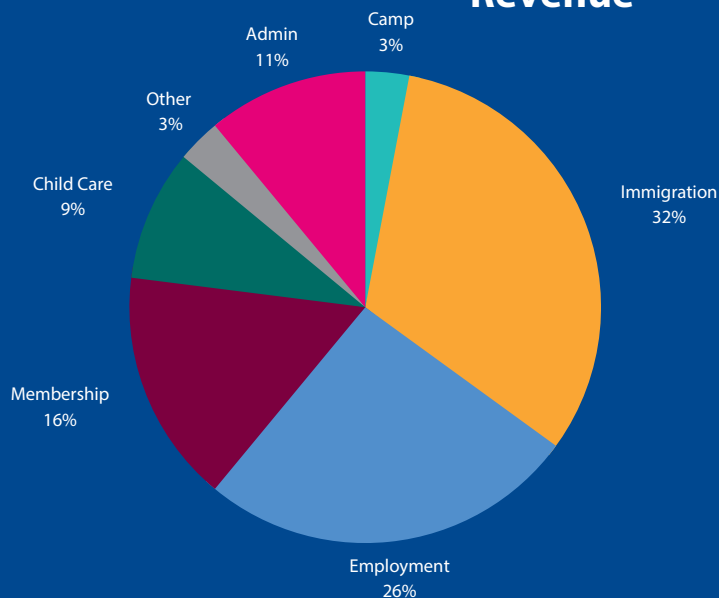
Statement of Operations

Year ended December 31	2022	2021
Total Revenue	20,035,474	15,985,790
Total Expenses	(19,545,420)	(15,479,504)
Excess of revenues over expenses before amortization and investment income	490,054	506,286
Amortization	(446,908)	(445,351)
Investment income	76,722	61,151
Excess of revenue over expenses	119,868	122,086

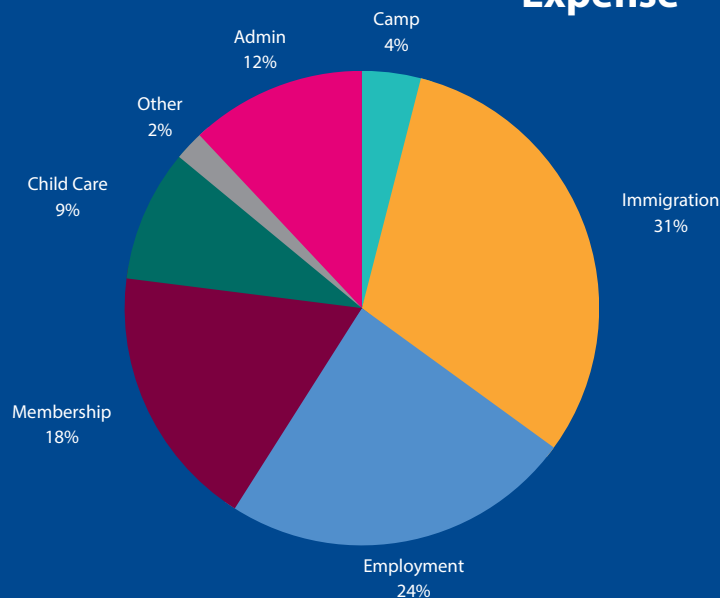
Statement of Financial Position

Year ended December 31	2022	2021
Assets	43,048,672	41,380,256
Liabilities	19,804,541	19,054,538
Deferred capital contribution	22,269,107	21,470,562
Internally restricted net assets	56,287	221,140
Unrestricted net assets	918,737	634,016
Total liabilities and net assets	43,048,672	41,380,256

Revenue



Expense





The Community YMCA has always been there, when we needed it most.



Investing in community

The Community YMCA has been a pillar in the North End community for over 70 years; a cornerstone for our African Nova Scotian community. It's a warm and inviting centre of community that boasts some of the best basketball in the province, provides after-school childcare that families in the area depend on, and offers events and programming focusing on youth empowerment and leadership development. The most important thing about a place like the Community YMCA, is that it's a safe, dependable place of community, where you feel like you belong.

The Impact of COVID-19

Young people have experienced multiple shocks since the onset of the COVID-19 pandemic, including education disruption, employment and income loss, mental health challenges, social isolation and loss of leadership or mentorship opportunities. The rate of young people not in employment, education, or training, rose to 24% in Canada in April 2020; the highest measured in the past 2 decades. While all youth have been affected, we know Black, Indigenous and racialized youth, youth living with disabilities, 2SLGBTQIA+ and other marginalized youth have been disproportionately impacted.

In response to this, and thanks to our generous funders: Employment and Social Development Canada: Black Communities Initiative, Community Foundations of Canada: Healthy Communities Initiative, Halifax Youth Foundation,

The Windsor Foundation, The Krista Grant Foundation, the Province of Nova Scotia and Public Health Agency of Canada, in 2021 and 2022 we've **invested a total of \$1,062,000 into the Community YMCA** to update, modernize and expand our youth programming at the Centre.

This investment supported the creation of three new youth spaces. Our new main lobby and reception area for after school drop-in activities and home to our Y-EATS program, a beautiful space with desks at the back of the centre for youth to participate in youth leadership programs, and a quiet learning space upstairs for privacy and homework support. It has also allowed us to grow our programming in the area of [Youth Leadership Development](#).

[YMCA Youth Transitions Program](#) supports young people experiencing the greatest barriers and at the highest risk of disengaging from school.

[Y Mind](#) is an innovative, youth informed, early intervention program that helps teens and young adults manage stress and anxiety.

The Community YMCA continues to provide a place for young people to engage in meaningful activities that support and nurture self-determination, academic persistence and preparedness, encourage educational aspirations and resiliency, teach employability skills and promote physical and mental health.

Thank you to our inspiring donors

For helping us build brighter futures across Nova Scotia.

\$216,000 raised!

We've known that given the opportunity, people across Halifax and Nova Scotia could live happier, healthier lives, and find a sense of belonging in their communities.

We couldn't be more grateful to our incredible donors for investing in our YMCA's programs, and the safe and welcoming places needed to deliver them.

Thanks to the hundreds of community members who believed in our "Everyone Has a Story" Campaign, our YMCA was able to meet our goal of raising \$100,000, with a matching gift of \$100,000, to double our impact and sustain our charitable programs and services!



We invite you to watch our lifelong donor, Ginny Salsman, tell her Y Story in our [2022 Gratitude Report](#).



"The Y is such a lovely place for young people to grow and learn. If I were to ask someone to donate to the Y, I'd tell them about the people I helped there."



The challenge:

According to Statistics Canada crowdsourcing initiative, youth participants were the most likely to report a negative impact on their mental health since the COVID-19 pandemic began. Almost two-thirds (64%) of those aged 15 to 24 reported a negative impact of the pandemic on their mental health, while just over one-third (35%) of those aged 65 and older reported a negative impact on their mental health since physical distancing began. Similarly, those participants aged 15 to 24 were most likely (41%) to report symptoms consistent with moderate or severe anxiety in the early months of the pandemic.

Statistics Canada and Children First Canada. School closures and COVID-19: Interactive Tool. (May 3, 2021)



solution:

Y Mind is an innovative, youth informed, early intervention program that helps teens and young adults manage stress and anxiety. Y Mind helps young people cope with anxiety and improve their sense of well-being by introducing them to evidence-based tools and connecting them with others.

What's Next?



Equity, Diversity & Inclusion

Double the number of people receiving financial support, ensuring that everyone has the opportunity to participate in YMCA programs and services



Youth Empowerment

Deliver innovative youth-led programming that addresses mental health and educational resilience



Health & Wellbeing

Double the number of Community Health programs being delivered in our communities

Thank you to our community partners

Halifax Plays
MBANS
BNS
Feed Nova Scotia
Bus Stop Theatre
Oxford Elementary School
Cunard Elementary School
Citadel High School
Halifax Youth Foundation
Department of Community Services
Phoenix Youth Programs
Laing House
Mikmaw Friendship Centre
North Memorial Library
George Dixon Centre
Pictou County YMCA
East Preston Community Centre
North Preston Community Centre
Apostles Church
Life Branch Church
Youth Service Providers Network
Community Services - Cole Harbour
Parents and Children Together
EPAAC
HRM Youth Connections
Cole Harbour Woodside United Church
Tony Ince MLA Office
Marguerite Centre
Immigration francophone de la Nouvelle-Écosse
Chambre de commerce francophone d'Halifax
Conseil de développement économique de la NE
Fédération des femmes de la NE
Equipe Alpha de la NE

Eastern Shore Musquodoboit Valley Literacy Network
Old School Gathering Place
Department of Community Services
Lea Place
Sheet Harbour Chamber of Commerce
HRM Recreation
Sheet Harbour Library
CBDC Bluewater Business Development
ISANS
HIP (Halifax Immigration Partnership)
United Way Halifax
Health Association of Nova Scotia
Department of Health and Wellness
Dept of Education and Early Childhood
VCLA
Halifax Partnership
YWCA Halifax
Pictou Partnership
Western REN
Antigonish Women's Centre
Public Health
ACALA
IWK
Cape Breton Partnership
Metropolitan Regional Housing Authority
Metro Works
Halifax Public Library
EduNova
New Dawn Enterprises
Study Atlantic
LENS
Art Gallery of Nova Scotia
Veith House
Salvation Army

Neptune Theatre
Mobile Food Market
Halifax Chamber of Commerce
Housing NS
Service Canada
Fairview Community Association
Halifax Regional Police
ARAISA
Early Childhood Development - EECD
Office of Regulatory Affairs and Service Effectiveness
Bayers/Westwood Family Resource Centre
Fairview Family Resource Centre
Family SOS
Parkerstreet Foodbank & Furniture Bank
Square Roots Fairview/Clayton Park
Life Saving Society
Nova Scotia Health Authority
Dalhousie University
Mulgrave Park Caring and Learning Centre
Parks Canada
Halifax Refugee Clinic
Engage Nova Scotia
Ecology Action Centre
Common Roots Urban Farm
ACNS
North End Parent Resource Centre
Bryony House
Adsum house
Community Health
HRCE
NSCC
Pier 21
Canadian Tire Jump Start
Department of Community, Culture, Tourism & Heritage

Chebucto Connections
One North
GEO Nova Scotia
Digital Nova Scotia
Kids Sport
Spencer House
Literacy Nova Scotia
Computers for Schools
Public Health, Healthy Communities
IWK Mental Health and Addictions
Red Cross
Canada Learning Code
Atlantic Sewing Guild
Museum of Natural History
Canada Games Centre
FIN Atlantic International Film Festival
Royal Tattoo of NS
Royal Nova Scotia Yacht
Dunbrack Soccer
Halifax City Soccer
Arthritis Society Canada
Rainbow Refugee Association of Nova Scotia
NS Health (Mental Health and Addictions)
Community based Research Centre
Dept of Justice - DVI unit
Avalon
Metro Interagency committee
Victim Services
NISA Homes
THANS (Transition House Association of NS)
Parkland Retirement
Thrive

133 and counting!



Big Cove YMCA Camp
Summer 2022

Get in touch with us!

@YMCAHD



**YMCA of Greater Halifax/Dartmouth
YMCA Association Services**

5657 Spring Garden Rd.
Park Lane Terraces, Suite 700
Halifax, NS B3J 3R4

www.ymcahfx.ca

Charitable Registration No.
136 560 760 RR0001

