



Shine On



20
23

IMPACT REPORT

Igniting the potential in people
and communities for 170 years

Message from our Board Chair and President & CEO

Dear YMCA Community,

As we reflect on the past year, we are filled with gratitude for the incredible strides we've made together. In 2023, the spirit of community and inclusion guided us forward, allowing us to deepen our impact across communities and strengthen our commitment to the power of belonging.

Our focus to child and youth empowerment remains unwavering. In 2023, we saw remarkable engagement across our youth programs, which oversaw over 10,000 participants. We also opened the doors to the Fall River Early Learning Childcare Centre. This center provides a nurturing environment for early childhood development and lays a solid foundation for children to thrive. With a capacity to accommodate 86 children, the center addresses the critical need for accessible childcare services, empowering parents to pursue their goals while ensuring their children receive quality care and education.

The YMCA of Greater Halifax/Dartmouth was grateful to win the prestigious 2023 ISANS Award for our work in Immigration and it is a testament to our dedication to supporting newcomers in Nova Scotia. With deep appreciation for our longstanding partnerships with organizations like ISANS, we are honored to receive this acknowledgment. It reflects our steadfast commitment to creating a welcoming and inclusive community for all.

These are just a few highlights of our work from 2023. Guided by our core values of respect, responsibility, honesty, inclusion, and caring, we remain steadfast in our purpose of building healthy communities through the power of belonging, and we are proud of all the work we do to ignite the potential of every individual. While excited by our past accomplishments they are foundations to our journey forward, and guide our path to create equitable, inclusive, and connected communities with the promise of growth and opportunities.

In 2024, we eagerly anticipate the debut of a new YMCA of Greater Halifax/Dartmouth Strategic Plan and the introduction of the YMCA Shine On brand platform. In June, we will also be the host country for Beacon/Phare, our YMCA National Conference, where we will bring together hundreds of YMCA leaders to help set a collaborative vision for the YMCA for communities throughout Canada.

In closing, as we look back on the progress and achievements of the past year, we extend our heartfelt gratitude to each member of our YMCA community. Whether through volunteerism, advocacy, philanthropy, or the dedication of our employees, your support plays a crucial role in our ability to make a meaningful difference in the lives of those we serve. Our past accomplishments serve as the foundation for our continued journey towards equity, inclusivity, and opportunity for all; together, let's continue to build healthier, more connected communities where everyone has the chance to thrive.



A handwritten signature in black ink that reads "Stephen MacDonald".

Stephen MacDonald
Chair, Board of Directors



A handwritten signature in black ink that reads "Brian Posavad".

Brian Posavad
President & CEO

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IMPACT AT A GLANCE



Y Mind helped **276** young people cope with anxiety and improve their sense of well-being.



1,870 people received financial assistance to access the YMCA's programs and services.



Over **9000** newcomers received settlement support



3,057 campers attended YMCA camps



675 People gained employment



144 Children attended our ECE centers within the HRM



546 Youth attended youth leadership programs



Our John W. Lindsay YMCA saw **5,838** actively paying members

Made possible by



337 Donors



436 Staff



213 Volunteers



YReach

YREACH had 15 Settlement- support and language sites, in 2023.

LINC classes were offered to 75 clients in three different communities: Pictou County, Antigonish, and Kentville:

IMPACT AT A GLANCE



GBVP

(Gender-Based Violence Program)

Hosted 76 Programs and Workshops focused on raising awareness about Gender-Based Violence as well as laws, rights and supports.

Our GBVP worked with 342 Unique Clients.

" I find my strength has grown. My balance is better. Mentally, I have a better outlook. You know, when my wife first passed away, I was feeling quite funky. And this has helped me immensely.

-LiveWell Client



LiveWell

In 2023, our LiveWell program empowered 150 individuals to continue their journey towards positive change.

The program provided accessible, personalized, evidence-based community wellness programming to clients in six locations across Nova Scotia.

Heeyeon Son

HIPPY Coordinator, Immigrant Services

Inclusion and Empowerment: Heeyeon Son's YMCA Journey

Heeyeon Son's connection with the YMCA is a testament to the profound impact this community has had on her life and family.

Nine years ago, Heeyeon, her husband Matthew Jones, and their daughters, Allison Mina Jones, and Kailee Yena Jones, arrived in Nova Scotia from South Korea. Amidst the challenges of settling into a new country, the YMCA emerged as a beacon of familiarity and support.

"The YMCA provided a sense of belonging when I felt a little lost" Says Heeyeon. "I knew the YMCA because those four letters are known all over the world. I knew I could go and find community."

As a former educator in Korea, Heeyeon brought her passion for learning and teaching to her role at the YMCA. Programs like YReach and HIPPY (Home Instruction for Parents of Pre-school Youngsters) allowed Heeyeon to find avenues to make a difference in the lives of others while fostering a sense of inclusion and support.

Through her involvement in HIPPY, Heeyeon found herself at the forefront of an inclusion program for parents, particularly women and newcomers, to take an active role in their children's education journey. "HIPPY empowers women to become leaders within their families and communities," Heeyeon shares. "Helping mothers with the tools, resources, and support they need to help their children, breaks down cultural and language barriers within the community."

As Heeyeon works to support families through HIPPY, her own daughters, Allison and Yena, have also been experiencing their own journey of empowerment within the YMCA community. From swimming and Tae Kwon Do lessons to babysitting courses, the YMCA of Cumberland and the town of Amherst have provided a safe and supportive environment for the girls to explore their interests, build confidence, and develop essential life skills.

As Heeyeon's journey with the YMCA continues, she stands as a testament to the power of community to inspire and uplift. Her story is a reminder that, amidst life's challenges, places like the YMCA provide not only resources but also a sense of connection and belonging that can truly make a difference in people's lives for generations.



"I knew the YMCA because those four letters are known all over the world. I knew I could go and find community."

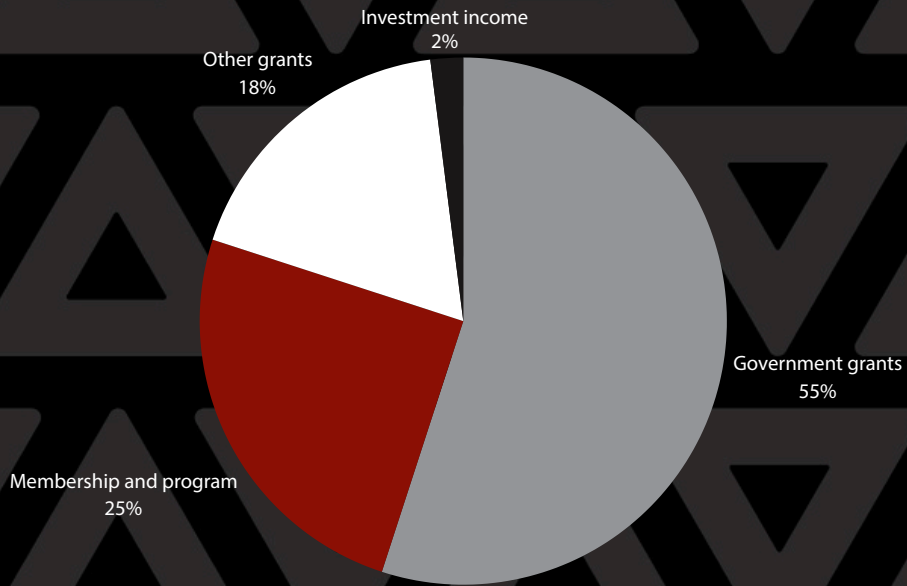
Statement of Operations

Year ended December 31	2023	2022
Total Revenue	23,609,444	20,035,474
Total Expenses	(23,072,008)	(19,545,420)
Excess of revenues over expenses before amortization and investment income	537,436	490,054
Amortization	(391,894)	(446,908)
Investment income	375,131	76,722
Excess of revenue over expenses	520,673	119,868

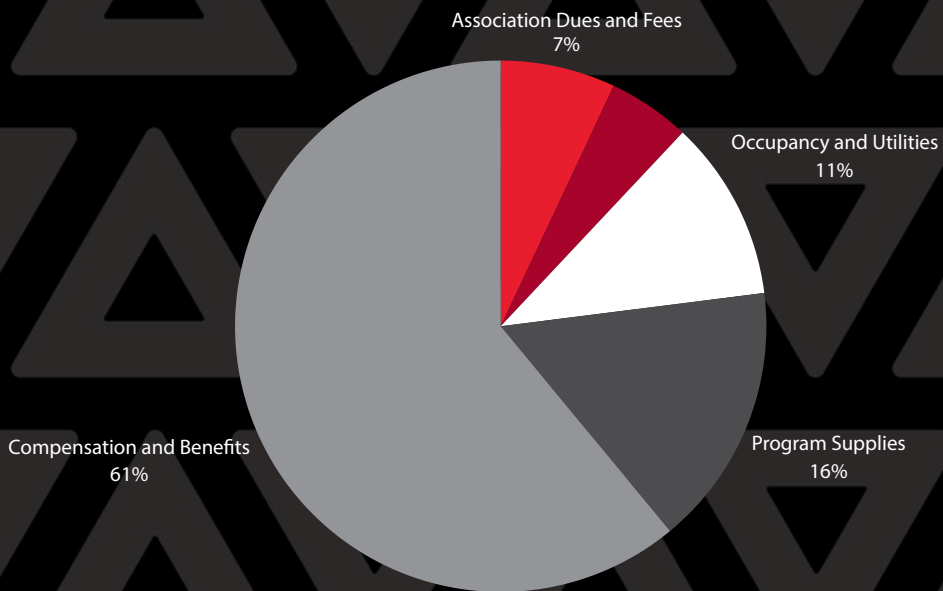
Statement of Financial Position

Year ended December 31	2023	2022
Assets	44,619,716	43,048,672
Liabilities	19,887,001	19,804,541
Deferred capital contribution	23,237,018	22,269,107
Internally restricted net assets	56,287	56,287
Unrestricted net assets	1,439,410	918,737
Total liabilities and net assets	44,619,716	43,048,672

2023 Revenue



2023 Expenses



Mark Wentzell Workshop Facilitator, Employment Services



Mark and his Director, Rebekah Skeete

Generations of Connection: Mark Wentzell's YMCA Legacy

From watching his mother's lane swims in the YMCA pool, to his grandchildren's first splashes as babies, the YMCA has been a constant beacon throughout Mark Wentzell's family history.

Mark's story begins in the Edmonton, AB YMCA pool at the age of two, where his parents first introduced him to the joys of swimming. Moving to Halifax at the age of five, Mark's connection with the YMCA deepened. It became a second home, a place where friendships were forged, and memories made. Summer camps filled with outdoor adventures and sports became integral parts of Mark's upbringing.

As Mark grew older, so did his involvement with the YMCA. He transitioned from a participant to a mentor, coaching and guiding younger peers through their own YMCA experiences.

For Mark, the YMCA is a community where he has always felt accepted and valued. This sense of belonging inspired him to give back, leading workshops and eventually finding his place in the YMCA Employment Center.

"I am the YMCA's biggest cheerleader", says Mark, with beaming pride. "This place was always a surrounding piece—that big Y followed me everywhere during the most difficult of times."

When talking about his experience at the YMCA, as an employee of eighteen years, Mark reiterates how his director, Rebekah Skeete served as his guiding light, leading him to view the Y as his cornerstone. "It was a cyclical journey" he says, "[The team's] acceptance felt like being welcomed into a family, offering grace and the opportunity to learn without fear of judgment. They uplifted me, helping me become a more complete version of myself—my truest self."

This guiding light is one that Mark has continued to shine onto everyone he works with. "The individuals I work with are no longer defined by homelessness or addiction. It's not about seeking credit; rather, it's about recognizing the profound impact we have on others—our influence extends far beyond ourselves. We provide a service that acknowledges and respects each person's journey. Our approach is without ego; we simply offer help."

"I am the YMCA's biggest cheerleader- [it's] uplifted me, helping me become a more complete version of myself- my truest self."

Mark Wentzell Workshop Facilitator, Employment Services

In partnership with One North End, Mark is eager to start working with the EDGE Program. In this program, he will be working with youths aged 18-26 who encounter various barriers. The EDGE Program will offer physical & mental wellness support, a safe and inclusive youth drop-in centre, Career Decision Making and Life Skills Training, and more.

"I am focused on addressing a client's needs without making anything feel like a formal setting", says Mark, "I prioritize comfort and organic learning experiences above anything else."

From classes at Peggy's Cove to Interview Skills workshops at Point Pleasant Park, Mark is adamant on providing an array of diverse activities aimed at holistic growth: "One memorable outing was a visit to the SPCA, where we walked dogs and practiced communication skills—a simple yet impactful exercise that instills confidence in our clients."

When asked about how it feels after eighteen years of working at the YMCA, Mark takes a deep breath and shares that he has never set an alarm for work- that it is his clients and their progress that gets him excited for every day. "Witnessing their growth fills me with pride and satisfaction. Knowing that all will be okay and that tomorrow holds promise for them is what drives me home each day."



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Thank you to our Donors!

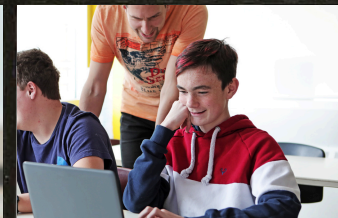
We extend our deepest gratitude to our amazing donors for their investment in our YMCA programs, and for providing the safe and welcoming spaces necessary to ignite potential in our community



- \$6,500 in scholarships
- \$900,681 in financial assistance for our YMCA members
- 1,870 people received financial assistance
- \$1,218,706 in Grants and Foundations



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Located in Mi'kma'ki, the YMCA of Greater Halifax/Dartmouth acknowledges and respects the unceded territory of the Mi'kmaq people.

YMCA of Greater Halifax/Dartmouth Charitable Number: 136560760RR001

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