



“Because of the Y,  
I’m on a journey  
that is filled with  
light and joy!”

– Linda Carey

2019 Annual Report  
YMCA of Greater Halifax/Dartmouth

# “The YMCA has always been and will continue to be here for you.”

For over 165 years – longer than Canada has been a country – the YMCA has been an integral part of the community evolving to meet the needs, embracing change and welcoming people of all ages, backgrounds, abilities, social and economic circumstances.

As a longstanding charity, the YMCA has been at the leading edge of community need. Our staff and volunteers have aided in two World Wars, the Halifax Explosion, and the Great Depression. We founded the first overnight camp in Canada, Big Cove YMCA Camp, in 1889, developed pre-employment classes in the late 60s for those who needed to continue their education, and established the Ys Job Generation Project which served unemployed youth with multiple barriers to employment. We have also been providing in-school support for immigrant children and youth since 1992.

Today, the YMCA provides vital community services that are having a positive impact on some of Canada’s most pressing social issues—from chronic disease to unemployment, immigration, social isolation, child development, inequality, and more. During this unprecedented time of Covid-19 (Coronavirus)

global pandemic, we are here to support our most vulnerable, as we always have been.

Our incredibly dedicated staff and volunteers remain on the front lines, to ensure we are connecting with our community online and over the phone through various employment workshops, online fitness and wellness classes, child care activities, and discussion groups. Although we are currently practicing social distancing, we are here to support our community to combat feeling socially isolated. Our wish for everyone is to have a sense of belonging and unity through this time – because community endures, despite any physical separation.

The YMCA is here for you, and we will get through this, together.



**Brian Posavad**  
*President and  
Chief Executive Officer*



**Jennifer Berry**  
*Chair,  
YMCA Board of Directors*

***Building healthy communities through the power of belonging.***

## 2019 YMCA Leadership

**Board of Directors:** Jennifer Berry (Chair), Peter Doig (Past Chair), Sonya Fraser (Vice-Chair), Lynn Coveyduck, Owen Everts-Lind, Patty Faith, Kim Gannon, Karen Gardiner, Stephen MacDonald, Ayo Makanjuola, Dave Murray, and Miriam Zitner.

**Board of Honorary Trustees:** Brian Jessop (Chair), The Honourable Alan R. Abraham, Gregory (Greg) D. Auld, Douglas Boyd, Lydia Bugden, Daniel M. Campbell, Paul F. Campbell, Wesley G. Campbell, Peter M. Conrod, Paul J. Dyer, Peter G. Fardy, Mary Ellen Gurnham, R.F. (Bob) Healy, Fred Honsberger, Wlfred Jackson, Cliff Langin, John W. Lindsay Jr., Carole McDougall, James MacGowan, Stuart MacLean, R.A. (Rod) McCulloch, Kirk D. MacIntyre, Don C. Mills, Robert Richardson, L. Robert (Robbie) Shaw, George Waye, Sarah Young.

**Honorary Life Members:** The Honourable Alan R. Abraham, Rhoda Day, Lou Gannon, Audrey Manzer, and Charles G. McLeod.

**Patron of the Association:** Brigadier-General The Honourable JJ. Grant, CMM, ONS, CD (Ret’d), Lieutenant Governor, Province of Nova Scotia

# Did You Know?



The YMCA has **78 program sites** across HRM and Nova Scotia

We have over **200 donors** that have donated anywhere between **\$5 and \$3 million**

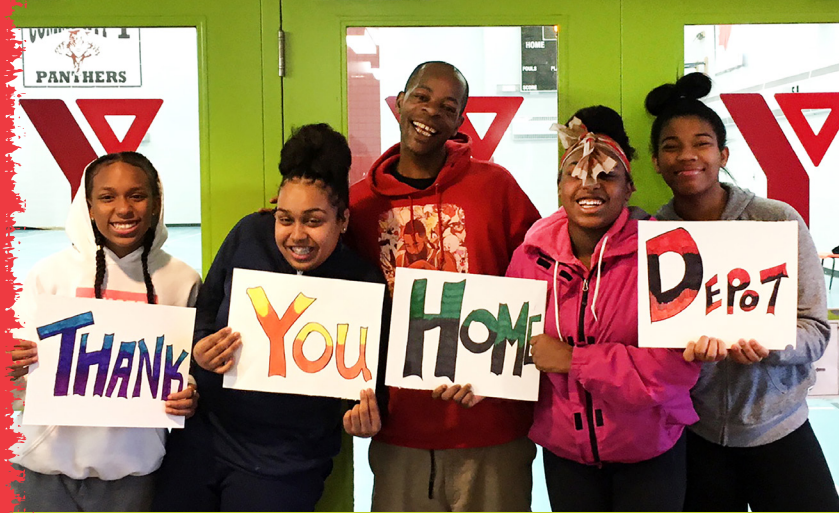


We are in over **40 schools** in HRM providing **in-school settlement supports** and before and after **school care**

On **November 21, 2018** we held our **first annual "Out & Equal Job Fair"** in HRM for the **2SLGBTQIA+ community** at our Community YMCA



The **YMCA** is a charitable not-for-profit organization that **ensures no one is ever turned away due to economic circumstance**



## Thriving Youth Program

Made possible by the generous support of The Home Depot Grant, the Community YMCA began the **Thriving Youth Program** for youth ages 14 - 18 years. This program focuses on leadership skills and development, to help youth reach their full potential.

"The Thriving Youth Program gave me a lot more exposure to the YMCA. Before I joined this program, I had not been very good at prioritizing. I did a lot of things I wanted to do, instead of things I needed to do. I didn't know what to expect going into this program. I learned a lot about how to "beef up" my resume and it was very inspiring the day we helped out the seniors at Northwood. My favourite part was the day session we had with Nova Scotia Best! I learned about customer service. Dee and the Y staff taught me so much. The Thriving Youth Program was life changing."

– **Eve Wedderburn**

*Thriving Youth Program Participant*

# Impact

Here's the impact made in 2019 thanks to our volunteers, staff, and donors like you!

2,328 

campers were active and healthy, creating long-lasting friendships at YMCA Day Camps and Big Cove YMCA Camp

789 

families were supported through our nurturing preschool, child care, and after school programs

6,159 

newcomers found new beginnings through our YMCA

33,254 

clients accessed our employment services at our eight YMCA NS Works locations

43,339 

participants thrived in YMCA Community & Outreach Programs

## Our Vision for 2020

### DEVELOP OUR CENTRES OF COMMUNITY



#### Successfully open the new John W. Lindsay YMCA

- The new YMCA will be a vibrant place and a strategic piece of our service delivery to our community.
- A comprehensive approach to health and wellness will be shared by all YMCA programs.

#### Big Cove YMCA Camp

- We will work with our partners to develop a complete strategy and timeline to support the renewal of Big Cove YMCA Camp

### INCREASE OUR CAPACITY



#### Our YMCA will continue to improve our integrated operational approach

- Our YMCA will increase resource capacity by integrating our systems, programs and services, ensuring they are relevant, safe, sustainable, impactful, collaborative, and inclusive.
- We will look for opportunities to strengthen the YMCA through synergies with our provincial counterparts.

#### Further develop our Philanthropic Culture

- We will continue to focus on philanthropy through the establishment of a work group that will further enhance our philanthropic capacity.

### PROMISE OF EXCELLENCE



#### 2021 - 2025 Strategic Direction

- We will develop a collaborative and extensive strategic plan for our YMCA.

#### Active Partner in the Health Continuum

- We will begin to position the YMCA as a strong partner in the Nova Scotia health continuum; working with health care professionals to address the greatest needs of our community.

### OUR YMCA FAMILY



#### Employer of Choice

- The YMCA will engage our staff, volunteers, members, participants, and the greater Halifax community in envisioning the future of our YMCA.
- We will continue to foster a united approach to our team, goals, and our stories.

# Discover the difference community makes

## Health is just the beginning at the new John W. Lindsay YMCA

Soon, the YMCA of Greater Halifax/Dartmouth will welcome our entire community to the new John W. Lindsay YMCA — a best-in-class health, fitness and aquatics facility at the corner of South Park and Sackville Street in downtown Halifax. As a leading charity, we feel fortunate that we're able to provide each person in our community the space and time they need to connect, engage and be themselves. In other words, everyone can belong here.

Built on the site of the former South Park YMCA and CBC building, our new 70,000-square-foot centre of community is almost complete — including three pools, a state-of-the-art gym, two levels of strength and cardio equipment, an indoor walking/running/wheeling track and four wellness studios.

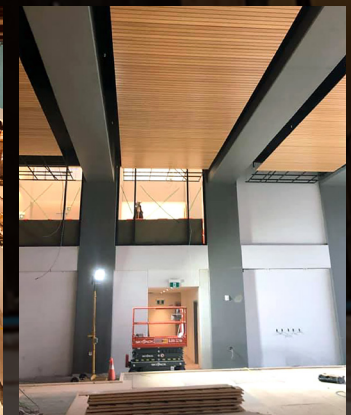
This means a lot of exciting new things for Haligonians of all ages, including the businesses and organizations that call our downtown home. Sure, we've got CycleFit, AquaFit, bootcamps, yoga, personal training and so much more, but the promise of the YMCA goes far beyond physical health and strength. At a time when we're working more and connecting less and when chronic disease and social isolation are real threats to any community's overall health and prosperity, organizations like the Y can help build the potential, the confidence and the connections that ensure overall wellness in spirit, mind and body. To ensure that no one is denied membership due to financial circumstances, we proudly assist one in three members so that everyone has access to the YMCA.

Business owners know better than anyone the power of connection and belonging to happy and productive employees. John Lindsay Jr., lifelong

Halifax business leader and passionate YMCA supporter on the local, national and international scale, puts it best: "This new YMCA is a key tool to address important issues affecting our community. It will be a truly inclusive space, accessible to all, regardless of economic circumstance. This centre of community will have a lasting impact on our city and will be a place where people come to belong."

And that's the promise of our new YMCA. To be a safe and welcoming place to workout and to create connections — within teams and families and between individuals of all ages, abilities, income levels, beliefs and cultures.

Memberships are now on sale, with 500 members and counting! Visit: [www.JWL2020.ca](http://www.JWL2020.ca) to learn about the benefits of signing up today!



# 2019 YMCA Young Ambassador, Marlon Solis



YMCA Young Ambassadors Program is an eight-month leadership development program for full-time YMCA staff ages 21 – 32 years old. Marlon Solis has been a YMCA employee for 3 years, and currently works with our Centre for

Immigrant Programs. Marlon's leadership project topic for the YMCA Young Ambassador Program was titled: Incorporating "Multicultural citizenship" into YMCAs approach to diversity and inclusion. The vision of Multicultural citizenship prioritizes individual self-narratives which form the principal context for social and community connections. These self-narratives should be represented in tangible and visible ways that inspire continual dialogue about multiculturalism and diversity in Halifax.

"Working with the YMCA has allowed me to connect with people all over the world. The YMCA offers young people many opportunities to be involved not just locally, but also nationally and even globally!"

## YMCA Peace Medal Breakfast

We had an incredible and inspiring Peace Medal Breakfast this year. Thank you to everyone who attended our awards ceremony and congratulations to the 2019 Peace Medal Winners: Trayvone Clayton, East Coast Filipino Portal, and Halifax Mobile Food Market. Special thanks to our keynote, The Honourable Dr. Mayann Francis. We hope to see you all at this year's ceremony in November!

### About the YMCA Peace Medal

Each year as part of YMCA Peace Week, YMCAs across Canada present the YMCA Peace Medal to individuals or groups who, without any special

resources, status, wealth or position, demonstrate a commitment to the values of P.E.A.C.E. (participation, empathy, advocacy, community and empowerment) through contributions made within their local, national, or global community.



*Pictured from left: Halifax Mobile Food Market, Trayvone Clayton, Brian Posavad, and East Coast Filipino Portal.*

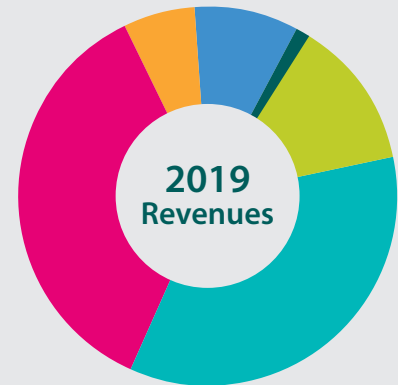
# Summary of Financials

## Statement of Operations

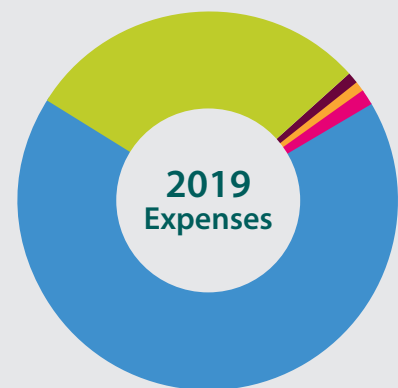
Year ended December 31	2019	2018
Total revenue	\$12,720,010	\$11,301,097
Total expenses	12,378,671	11,270,487
Excess of revenues over expenses before amortization, other operating expenses and investment income	341,339	30,610
Amortization and other operating expenses	332,192	10,743
Excess of revenues over expenses before investment income	9,147	19,867
Investment income	100,428	56,819
Excess of revenue over expenses	\$109,575	\$76,686

## Statement of Financial Position

December 31	2019	2018
Total assets	\$31,652,491	\$22,518,716
Liabilities	15,123,798	9,451,944
Deferred capital contributions	15,901,527	12,549,181
Internally restricted net assets	282,996	181,317
Unrestricted net assets	344,170	336,274
	\$31,652,491	\$22,518,716



- 37% ■ Employment
- 34% ■ Immigrant Services
- 12% ■ Child Care
- 11% ■ Health and Wellness
- 4% ■ Camps
- 2% ■ Fundraising



- 65% ■ Salaries and Benefits
- 31% ■ Program and Supplies
- 1% ■ Promotion and Marketing
- 1% ■ Staff and Volunteer Development
- 2% ■ Plant and Facilities

For more information about how you can give your time or treasure to the YMCA, contact: Sarah B. MacDonald at [sarah.macdonald@halifax.ymca.ca](mailto:sarah.macdonald@halifax.ymca.ca)

Follow Us Online!

   @YMCAHD

[www.ymcafx.ca](http://www.ymcafx.ca)

# How you can give back to your community

## Volunteer

We have a wide range of opportunities to match your interests, skills, and availability. As a YMCA volunteer, you can coach a team or lead an exercise class, be a mentor to a future leader, fundraise for a cause that's important to you, or have your voice heard by advising on local issues. You can make a big difference in the lives of people in your community.

## Ways to Donate

Whether you choose to make a one-time donation or a pledge for up to five years, your contribution will bring us one step closer to realizing a healthier and more connected, inclusive, caring, and prosperous community. You'll receive a charitable tax receipt for all donations of \$25 or more. Charitable tax receipts can reduce the actual cost of your gift by up to 54% (for residents in Nova Scotia), depending on the amount donated and your income bracket.

## Sponsorship Opportunities

We have sponsorship opportunities for many of our YMCA events, in particular our marquee event The YMCA Peace Medal Breakfast that happens in November annually. There are many levels for sponsorship, and for each level of sponsorship will include logo on any pre-or onsite promotional material created in coordination with the event, including poster, program inclusion, website presence, press release and on our YMCA of Greater Halifax/Dartmouth social media platforms.

## Ways to Partner

Amplify the impact of your support for the YMCA of Greater Halifax/Dartmouth by encouraging your staff, customers, members, and network to join you in supporting the health and wellness of your community.

**Employee Giving Programs | Customer Giving Programs | Special Fundraising Initiatives**



**YMCA of Greater Halifax/Dartmouth**

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Charitable Registration No. 136 560 760 RR001