



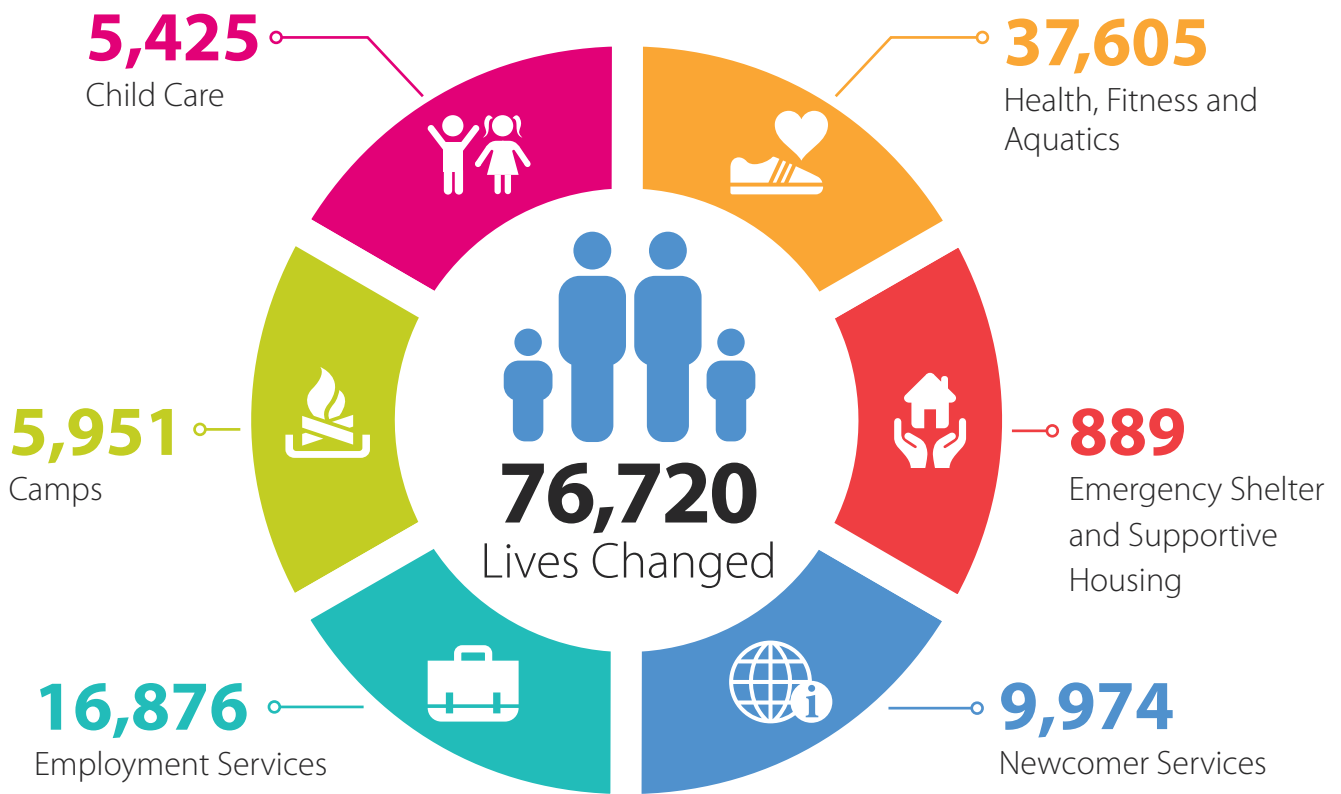
# Changing Lives

2015 COMMUNITY IMPACT REPORT

YMCA-YWCA of the  
National Capital Region

# Every year, thousands of people turn to our Y for help and the need is growing.

From helping high risk kids believe in their future, to making an active lifestyle accessible to all, to helping immigrants achieve their dreams, and to providing a home to our community's most vulnerable people, **the Y is changing lives every day.**



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## Where some see challenges, we see opportunities to make a difference.

The YMCA-YWCA of the National Capital Region is changing the lives of thousands of people in our community each year. These are people from single parent families and new immigrant families requiring transitional support, from families experiencing financial hardship due to crisis and from families seeking to improve their own, and their children's lives. And though the impact of "changing lives" is deeply personal and individual, these two small words undoubtedly have an enormous impact on us all.

Our Y has been an essential partner in building a healthier community for nearly 150 years. We do this by delivering life changing programs and providing \$1.2 million in financial aid annually to those in need; helping all to achieve a healthier and more secure future.

As the Nation's Capital continues to grow and evolve, so too do the needs of people living in our community. Alarming statistics show the devastating effects of inactivity and obesity, social isolation, poverty, homelessness and unemployment on our local children, youth, adults and families. The Y addresses these urgent social issues through our work in promoting healthy living, building tomorrow's leaders, supporting vulnerable people and inspiring success.

Reflecting on 2015, we know the Y's role in our community has never been more critical. Last year alone, the Y had a positive impact on the lives of 76,720 people in the National Capital Region; a 7% increase over 2014 – and a tribute to the growing need for, and importance of, the Y's work in advancing the well-being of our community.

As we look toward the future, securing the financial health of our Y is paramount. We continue to make difficult decisions that strengthen our impact as a charity, and there is still more hard work ahead. The Y remains a robust and resilient organization that is working diligently to build a strong Association that is well positioned to serve the needs of the National Capital Region today, tomorrow and into the future.



A handwritten signature in black ink that reads "Todd Cain".

**Todd Cain**  
Chair, Board of Directors



A handwritten signature in black ink that reads "R. J. Gallagher".

**R. J. (Bob) Gallagher, M.P.A.**  
President and CEO



# Promoting Healthy Living

## COMMUNITY NEED

Inactivity and obesity are threatening the future health of our community. Only 9% of children and youth, and only 25% of adults, are getting the recommended minimum levels of physical activity; increasing the risk for many chronic conditions such as cardiovascular disease, certain types of cancer and depression.<sup>1,2</sup> The Y addresses these challenges, playing an essential role in building a healthier community today and for generations to come.

## OUR IMPACT

Y programs are vital to the wellness of our community, responding to a range of needs – from fitness, sports and aquatics for all ages and abilities, to food and nutrition programs, to chronic disease prevention. Additionally, the Y's financial assistance program provides low income families and those experiencing financial hardship the opportunity to achieve a healthier lifestyle, regardless of their means.

## LIVES CHANGED IN 2015

**37,605**

people improved their health by participating in Y fitness programs.

**5,298**

children, youth and adults who could otherwise not afford to participate in fitness programs, received financial assistance.

**8,179**

children learned swimming skills that will keep them safer around water for the rest of their lives.

**9,582**

children built confidence and physical literacy, and learned the importance of an active lifestyle through sports and recreation.

**836**

grade six students participated for free in the Y Kids Academy, a healthy living program that inspires leadership, and addresses the growing epidemic of childhood inactivity.





**“At the Y, our kids learn the importance of healthy living.”**

- Le Moullec Family

Yves and Jenneke’s Y story started many years ago. The Y has been an important part of their growing relationship, from dating all the way to marriage. They have enjoyed quality time together staying healthy and having fun, and the Y is now a foundation for their young family.

Together, they enjoy family programming, and their children take part in swimming lessons and summer camp on their own. Importantly, Yves and Jenneke are also able to remain connected to each other as they spend time working out while the kids are having a great time in Play Care.



# Building Tomorrow's Leaders

## COMMUNITY NEED

Social recreation programs can have a powerful influence on a child's life and future choices. However, one in three families in our community cannot afford to enroll their children in organized sports or recreational activities due to financial barriers.<sup>3</sup> Providing all children with the opportunity to thrive is at the heart of the Y's mission.

## OUR IMPACT

The Y provides financial assistance to underprivileged children to participate in camps and recreational programs that build confidence and develop leadership skills. Y programs help all young people feel accepted, find their own voice and become meaningfully engaged in their community, setting the stage for positive future choices.

## LIVES CHANGED IN 2015

**20,958**

children developed powerful social skills through child care, camps and recreational programs.

**2,567**

children in need, including 52 children who lived at the Y's Emergency Family Shelter, experienced the joy of camp through financial assistance.

**2,851**

children built a foundation for lifelong learning through Licensed Child Care, preparing them for the best start in life.

**2,574**

children had a safe place to go after school where they connected with friends, engaged in physical activity and received homework assistance.

**162**

young people learned how to inspire others through Y leadership certificate programs, preparing them to be the role models our communities need.





**“Next, I want to  
help younger kids.”**

- Farah

After completing the Junior Leaders Corp, a youth leadership program that focuses on communication, team work and problem solving, 14 year old Farah knew her Y story was just beginning. She started attending Youth Nights at the Y, joining in basketball and volleyball games and dance classes.

Farah now acts as a mentor to the younger kids at Youth Night. The kids see her as a role model, and parents appreciate knowing Farah is having a positive influence on their children. Farah would like to put some of her newfound leadership skills to work, and is interested in volunteering with children at the Y.



# Supporting Vulnerable People

## COMMUNITY NEED

Homelessness can have long term impacts on personal development and the health of our community. Last year 782 homeless families accessed emergency shelter in Ottawa – an increase of 10.8% over 2014.<sup>4</sup> A key focus of the Y's work is to help these vulnerable children, youth and adults move from crisis to independence.

## OUR IMPACT

The Y is an integral partner with the City of Ottawa in addressing homelessness in the National Capital Region by providing housing and crisis support services to vulnerable people. Children, youth, adults and families find a safe, supportive place to live at the Y, while they work to overcome immense obstacles. With essential supports under one roof, the Y helps people stabilize, develop future options and become thriving members of our community.

## LIVES CHANGED IN 2015

**889**

people who needed a home, found a safe place to live at the Y.

**705**

children, youth and adults in crisis turned to the Y's Emergency Family Shelter for help – an increase of 41% over 2014 due to an expanded partnership with the City of Ottawa.

**335**

children called the Y home – finding stability, a safe place to play, and the chance to just be a kid.

**41**

at risk youth prepared for independent living through the Y's Second Stage Housing for Youth program.

**77**

women who were homeless, or at risk of homelessness, found a caring community in the TRY Supportive Housing for Women program.





**“Staying at the Y  
changed my life.”**

- Elevice

As a young boy in Rwanda, Elevice lost most of his family in the horror of the genocide. Along with some cousins, he was sponsored to come to Canada in 2009. Elevice found his way to Ottawa and was accepted into the Y's Second Stage Housing for Youth program.

At the Y, Elevice found a supportive community and learned the life skills needed to thrive. He started volunteering at the Y and was offered a job with the Y's camp team. Now living independently, Elevice is grateful for the stability and encouragement he received at the Y and is working towards his goal of attending college.



# Inspiring Success

## COMMUNITY NEED

Meaningful employment for all provides a sense of purpose and identity, creating stronger individuals, families and communities. Additionally, far too many immigrants to Ottawa face barriers resulting in an unemployment rate more than three times higher than their Canadian born counterparts.<sup>5</sup> A key pillar of the Y's work is through Employment and Newcomer Services in partnership with government and community partners.

## OUR IMPACT

The Y responds to the needs of unemployed and underemployed individuals in our community, including youth and immigrants, by providing access to employment, language and training programs to address the barriers in entering the labour market. The Y assists newcomers to help them adapt to life in Ottawa. By working together to connect people with opportunities, the Y gives more people a chance to succeed.

## LIVES CHANGED IN 2015

**9,974**

immigrants turned to the Y's Newcomer Information Centre for support as one of their first stops in a new and unfamiliar country.

**6,391**

immigrants received language assessments for government funded programs at the Y's Language Assessment and Referral Centre.

**373**

Syrian refugees received a warm welcome to Ottawa through Y services, helping them to settle and prepare for long-term success in our community.

**26,850**

people gained the skills required to thrive through employment, training and referral services.

**4,135**

youth developed valuable job skills and experience required to help them secure a permanent full time job, addressing the high youth unemployment rate in Ontario.





**“We are so glad  
we found the Y.”**

- Ayda, Isis and Luna

Ayda and her two daughters, Isis and Luna, were one of the first Syrian refugee families sponsored by Ottawa Centre Refugee Action. When a bomb exploded in an area that crossed Luna’s path to school, the family knew they had to leave Syria. They spent three years in Lebanon before they were given the opportunity to come to Canada.

Soon after they arrived in Ottawa, Ayda came to the Y’s Newcomer Information Centre where she was introduced to a variety of community resources to support her family’s settlement. The family is now safe and thriving and continue to be overwhelmed by the generous support they have received.



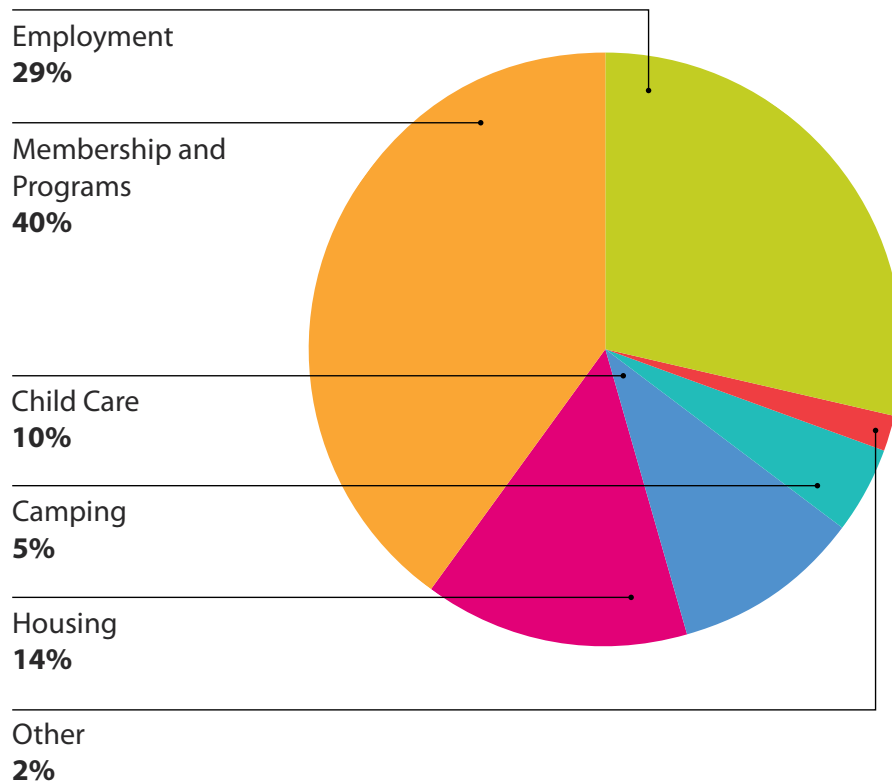
# Summarized Financial Results

Statement of operations (in \$000's) for the year ended December 31

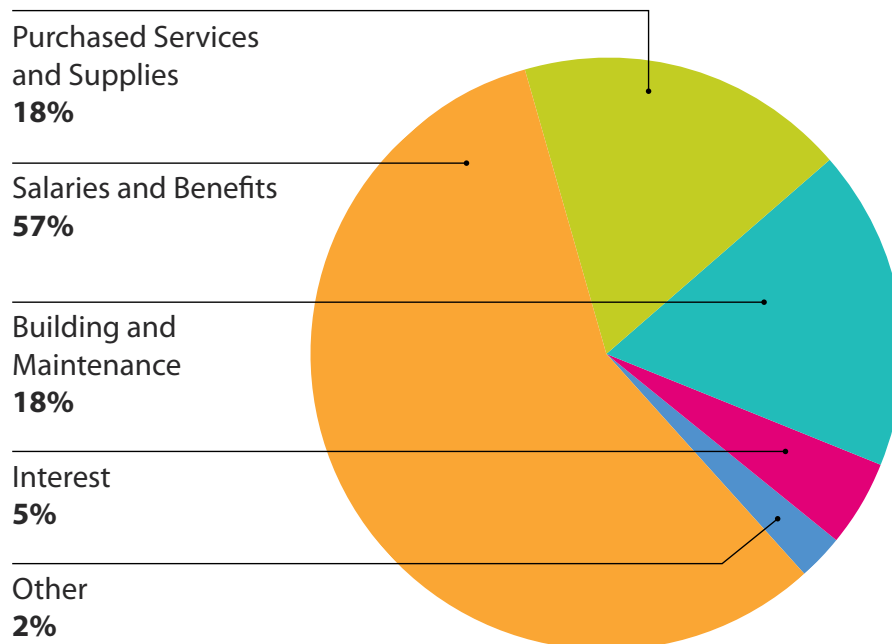
	<b>2015</b>	2014
	<b>\$</b>	\$
<b>Revenue</b>		
Membership and Programs	<b>9,425</b>	9,801
Employment	<b>6,699</b>	6,672
Housing	<b>3,337</b>	2,638
Child Care	<b>2,444</b>	2,530
Camping	<b>1,055</b>	1,229
Other	<b>464</b>	264
<b>Total Revenue</b>	<b>23,424</b>	23,134
<b>Expenses</b>		
Salaries and Benefits	<b>13,254</b>	13,092
Purchased Services and Supplies	<b>4,144</b>	4,571
Building and Maintenance	<b>4,034</b>	4,280
Interest	<b>1,106</b>	1,072
Other	<b>554</b>	698
<b>Total Expenses</b>	<b>23,092</b>	23,713
Excess (deficiency) of revenue over expenses for the year before undernoted items	<b>332</b>	(579)
Capital asset related items including amortization and loss on sale	<b>(1,555)</b>	(1,660)
Deficiency of revenue over expenses for the year before the Capital Campaign	<b>(1,223)</b>	(2,239)
Net excess (deficiency) over expenses for the Capital Campaign	-	-
Deficiency of revenue over expenses for the year	<b>(1,223)</b>	(2,239)

\*Financial information summarized from the December 31, 2015 audited financial statements.

## 2015 Revenue



## 2015 Expenses



# Community Leadership

## 2015 Board of Directors

---

**Todd Cain, Chair**

Director General,  
Health Canada

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Invest Ottawa

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---

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Vice President,  
Financial Development



# Working Together to Make a Difference

Strong partnerships are essential to our ability to offer life changing programs and services. Partners work collaboratively with the Y to share our mission and lend their guidance, resources and expertise to deliver vital services to the most vulnerable people in our community.

## Funders

Borealis Foundation  
Canadian Tire Jumpstart Foundation  
Citizenship and Immigration Canada  
City of Ottawa  
Employment and Social Development Canada  
Ministry of Citizenship, Immigration and International Trade  
Ministry of Economic Development, Employment and Infrastructure (Coordinated by YMCA Simcoe/Muskoka)  
Ministry of Training, Colleges and Universities  
Ontario Ministry of Education  
Ontario Ministry of Health Promotion  
Ottawa Hospital  
Prosper Canada  
United Way Ottawa

## Sponsors

Accolade Reaction  
ACE Insurance  
Allegra Printing Ottawa - Bank Street  
Allegra Printing Ottawa - Carling Avenue  
Altern Savings and Credit Union Limited

Aviva Canada Inc.  
Bellai Brothers Construction Ltd.  
Bird Richard  
BMO Nesbitt Burns  
Borden Ladner Gervais  
Borealis Publishing  
Dilfo Mechanical Ltd.  
Donnelly Automotive Group  
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Green Shield Canada  
Home Depot South Keys  
Home Sense Kanata  
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Scotia McLeod Kanata  
Scotiabank Real Estate

Scrivens Insurance and Investment Solutions  
SSQ Groupe financier  
St. Louis Bar and Grill  
Temple Insurance Company  
The Loft Hair Salon  
The Matt Foundation  
The National Arts Centre  
The Running Room  
Anonymous Sponsor

## Partners

Acclaim Ability Management  
Action Logement/Action Housing  
AIDS Committee of Ottawa  
Algonguin College  
Alliance to End Homelessness  
ALSO (Adult and Family Literacy)  
Amethyst Women's Addiction Centre  
Apprenticesearch.com  
Caldwell Family Centre Inc.  
Canada Revenue Agency  
Canadian Apprenticeship Forum  
Canadian Centre for Language Benchmarks  
Canadian Hearing Society  
Canadian Immigrant Integration Program  
Canadian Information Centre for International Credentials

Canadian Mental Health Association  
 Canadian Tire Jumpstart Foundation  
 Carleton University  
 Carrefour Jeunesse Emploi  
 Casino Lac Lemy  
 Catholic Centre for Immigrants  
 Causeway Work Centre  
 Center 454  
 Centre 507  
 Centre des services communautaires Vanier services d'emploi  
 Centre for Canadian Language Benchmarks (CCLB)  
 Centretown Community Health Centre  
 Children's Aid Society  
 Children's Hospital of Eastern Ontario  
 Christie Lake Kids  
 CISOC (Cultural Interpretation Services for our Community)  
 City of Clarence-Rockland  
 City of Ottawa  
 Community Coalition for Literacy  
 Community Employment Resource Centre (John Howard Society)  
 Community Information Centre  
 Confederation Court Community House  
 Conseil des écoles catholiques du centre-est  
 Conseil des écoles publiques  
 Conseil Economique & Social d'Ottawa-Carleton  
 Cornerstone Housing for Women  
 Credit Counselling Bureau of Eastern Ontario  
 Dave Smith Youth Treatment Centre  
 Department of National Defense  
 Dress for Success  
 Eastern Regional Group  
 Eco Equitable  
 Elizabeth Fry Society of Ottawa  
 Employment Networking Group  
 Employment Ontario Ottawa Network  
 English Language Tutoring for the Ottawa Community ELTOC  
 Entraide budgétaire Ottawa  
 E-Sax  
 Federal Consumer Agency of Canada  
 Graybridge Malkam  
 Healthy Babies Healthy Children  
 Hire Immigrants Ottawa (United Way)  
 Housing Help  
 Hub Ottawa  
 Immigrant Women Services Ottawa  
 Information and Communications Technology Council  
 Interior Finishing Systems Training Centre  
 International Credentials  
 International Organization for Migration  
 Invest Ottawa  
 ITO 2.0 (Youth Services Bureau)  
 Jewish Family Services  
 John Howard Society of Ottawa  
 Kanata Ski Club / Kanata Sailing Club  
 La Bonne Affaire  
 La Cité  
 Labour Market Ottawa  
 Language Assessment Services, Kingston  
 Language Training Centre  
 LASI World Skills - Ottawa Job Match Network  
 Latin American Women Support Organization  
 Lebanese and Arab Social Services Agency  
 L'Escafe High School  
 Literacy Coalition of Eastern Ontario  
 Maison Fraternité  
 March of Dimes Ottawa  
 Merivale High School  
 Military Family Resource Centre  
 Minwashin Lodge  
 National Capital Business Alliance  
 Nepean, Rideau and Osgoode Community Centre  
 Northern Lights Canada Employment Services  
 Odawa Native Friendship Centre  
 Ontario Council of Agencies Serving Immigrants  
 Ontario Disability Support Program  
 Ontario Industrial Skills and Finishing Centre  
 Ontario Lottery and Gaming Corporation  
 Ontario Works  
 Operation Come Home  
 Options Bytown  
 Ottawa-Carleton Catholic School Board  
 Ottawa Carleton District School Board  
 Ottawa Chinese Community Service Centre (In-Tac)  
 Ottawa Community Immigrant Service Organization (OCISO)  
 Ottawa Community Loan Fund  
 Ottawa Heart Institute  
 Ottawa Hospital  
 Ottawa Immigration Portal - City of Ottawa  
 Ottawa Inner City Health  
 Ottawa Innercity Ministries  
 Ottawa ISAP Advisory Committee (Immigrant Settlement Adaptation Programs)  
 Ottawa Job Match Network  
 Ottawa LAC (Language Advisory Group)  
 Ottawa Life Magazine  
 Ottawa Local Immigration Partnership (OLIP)  
 Ottawa Police Association  
 Ottawa Police Services  
 Ottawa Public Health  
 Ottawa Public Library  
 Ottawa Rape Crisis Centre  
 Ottawa Supportive Housing Network

Ottawa Withdrawal Management Services  
Paralympic Canada  
Parkwood Hills Stakeholders Committee  
People, Words & Change  
Peter's New Jobs  
Pinecrest Queensway Community Health Centre Employment Services  
Probation, Ministry of Youth Justice Services  
Public Guardian and Trust  
Ranstad  
Renfrew County District School Board  
Réseau de Soutien à l'immigration Francophone de l'EST de l'Ontario  
Rideau-Carleton Raceway  
Rideauwood Addictions and Family Services  
Rogers  
Royal Ottawa Hospital  
Running Room Canada Inc.  
Salvation Army  
Service Canada  
Shepherds of Good Hope

Social Housing Registry  
Social Planning Council  
Somali Centre for Family Services  
South East Community Health Centre  
St Mary's Home  
St. Joes Women's Centre  
St. Joseph Communications  
St. Lawrence College Employment Services  
Suits His Style  
TESL Canada  
TESL Ontario  
The Caring and Sharing Exchange  
The National Arts Centre  
The Ottawa Mission  
The Well  
Twice Upon a Time  
United Way  
University of Ottawa  
University of Ottawa Heart Institute  
U-Turn  
Valoris  
Vanier Employment Services  
Volunteer Ottawa

Wabano  
Welcoming Communities Initiative  
Women's Business Network of Ottawa  
Woodroffe High School  
Y Swim Masters Club  
YMCA Canada  
YMCA of Greater Toronto  
YMCA Ontario Employment Ontario Managers Working Group  
Youth Services Bureau  
YWCA Canada  
YWCA Toronto



# Impacting Lives

As a Y donor your support allows us to eliminate the financial barriers families face so that more children, youth and adults can have the opportunity to thrive. Your donation gives us tremendous power to change lives.

## Chair's Round Table

The Chair's Round Table is a recognition program that acknowledges the caring community members and organizations that support the Y at the \$1,000 donation level and above. The Chair's Round Table celebrates the vision, leadership and philanthropy that shape our Association and the quality of life in our community.

## Leaders \$10,000+

Alterna Savings and Credit Union Limited  
BAX Investments Ltd.  
Bellai Brothers Construction Ltd.  
Jamie Benidickson  
BMO Bank of Montreal  
The Borealis Foundation  
Britton Smith Foundation  
Canadian Tire Jumpstart Foundation  
The Crabtree Foundation  
Danbe Foundation  
Stephen H. Lerner  
Robert Merkley  
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Peter Foustanelas  
Frischkorn Audio Visual Corp.  
GEM Health Care Services  
Ian Glen  
Ken Guarisco  
David Hall  
Bruce Hillary  
Bill Hingston

The Home Depot Canada Foundation  
Stewart Hum  
Inflector Environmental Services  
Janet Leblanc + Associates  
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David Jones  
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Rosemary MacKlem  
Richard Martin  
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Mechanical Contractors Association of Ottawa  
William Metz  
John Mion  
Morala Trading  
Muskoka Cabinet Company  
William Nelson  
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Ontario Realtors Care Foundation  
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 Michael Watkins  
 Allen Wong  
 Y Focus (Ottawa)  
 Ziebarth Electrical Contractors Ltd.

## Planned Giving and Endowment

### Heritage Club Members

The YMCA-YWCA of the National Capital Region Heritage Club is comprised of individuals, families and businesses who support our mission and have included the Y in their planned giving. Through their care and commitment, they are helping ensure our Y has a secure future and that Y programs continue to address the most urgent needs in our community.

Anne Bouey  
 Ronald Larkin Brown  
 Kim Canary and Al Hatton

John Campbell and Susan Kusiar  
 Nancy Cook Johnson  
 Frances Donegan Estate  
 Christine Gibbard  
 Fiona Gilfillan  
 Clare Gillespie  
 D. Mary Hackett  
 Charles Hurst\*  
 Jim Kenward  
 Gavin Lumsden  
 Gerry and Bill Marsh\*  
 Richard Martin  
 Catherine Mason  
 Richard J. Moore  
 Judy and Don Noble  
 Wilda Phillips and Thomas Lahey  
 Robert Slipp  
 Bill\* and Karen Whillans  
 James S. Wightman  
 \*Deceased

### Endowment Funds

Some donors have chosen to make a planned gift to the Y by way of creating an Endowment Fund where the capital remains intact. Only the net allocable income earned is used, thus perpetuating their gift to provide help and hope to people in need for generations.

**Ann Pearson Fund,**  
 International Leadership

**Anne Bouey Fund,**  
 Youth Leadership

**Annie Robina Gray Keith Fund,**  
 Sponsorship for Girls and Women

**Bill and Karen Whillans Fund,**  
 Community Leadership Development

**Bill Marsh Fund,**  
 Y Volunteer Camp Leadership  
 Opportunity

**Canoe Club Fund,**  
 Campership

**Don Noble Legacy Leadership Fund,**  
 Leadership Skills Bursaries

**Donnie Fraser Campership  
 Memorial Fund,**  
 Campership for Girls

**George Jackson Youth  
 Leadership Fund,**  
 International Leadership

**Gerry Marsh Fund,**  
 Y Female Volunteer Camp Leadership  
 Opportunity

**James Looney Fund,**  
 General Y Needs

**John Eagleson Estate Fund,**  
 Campership for Boys and  
 Y Capital Needs

**John Patterson Fund,**  
 General Y Needs

**June Craig Memorial Fund,**  
 Campership and Housing

**Kemis & Gladys Allen Estate Fund,**  
 General Y Needs

**Louis Bonnenfant Fund,**  
 Campership

**Mary Hackett Fund,**  
 Camp Davern

**Mildred Millicent Groh Fund,**  
 General Y Needs

**Rolla Law Crain Fund,**  
 Youth Leadership Carlingwood Y

**Rowell K. & Evelyne E. Laisley Fund,**  
 Campership

**Sean Egan Ascent for Y Kids Fund,**  
 Y Kids Fit Program

**T. Seaton Ewart Fund,**  
 Campership for Boys

**Wilda Phillips Leadership  
 Bursary Fund,**  
 Post Secondary Bursaries for Y Kids

A sincere effort has been made to accurately acknowledge each donor, family member and friend in this publication. If names have been inadvertently omitted or incorrectly listed, please contact us so we may correct our records.

## YMCA-YWCA of the National Capital Region

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ymcaywca



@YMCAYWCA\_Ottawa



ymcaywcaottawa

**ymcaywca.ca**

Charitable Registration Number: 11907 2072 RR0001

### References:

<sup>1</sup> 2015 The ParticipACTION Report Card on Physical Activity for Children and Youth. [www.participaction.com](http://www.participaction.com).

<sup>2</sup> Canadian Health Measures Survey. [www.statcan.gc.ca](http://www.statcan.gc.ca).

<sup>3</sup> Vision Critical, May 2011; The State of Sport and Physical Activity Report, Sklar Wilton + Associates, 2012; and Statistics Canada General Social Survey, 1992 and 2005.

<sup>4</sup> 2015 Progress Report on Ending Homelessness in Ottawa. [www.endhomelessnessottawa.ca](http://www.endhomelessnessottawa.ca).

<sup>5</sup> Ottawa's Underutilized Immigrant Workforce. [www.hireimmigrantsottawa.ca](http://www.hireimmigrantsottawa.ca).