



Shine On

Igniting the Spark

2023 Annual Report

Welcome to Your Y!

The YMCA of the National Capital Region is a charity that ignites the spark in people to help them reach their potential. We empower individuals of all backgrounds, ages and abilities to grow, lead, and shine in their communities.

Our Mission

The YMCA of the National Capital Region is a charity, open to all, and dedicated to enriching our community and its individuals.

Our Vision

The YMCA of the National Capital Region is a leader and valued partner in creating a vibrant and healthy community where everyone belongs and can reach their full potential.

Our Values

Our five core values influence our actions and decisions and form the foundation of all Y programs:

- *Caring*
- *Respect*
- *Inclusiveness*
- *Honesty*
- *Responsibility*





Message to the Community

If the last few years have taught us anything, it is that change will always be present in our lives, and that to grow and thrive, we must fully embrace it and adapt. Adapting to change and welcoming growth is something I can relate to well, having recently joined the Y team as the new President and CEO at the YMCA of the National Capital Region. It has been an incredible time of learning and planning – both for me, and for our newly appointed Board Chair, Anne. Together, we are excited to continue the great work that was already underway, while looking ahead at new ways to respond to shifting environments and urgent needs identified by our community.

In 2023, our Y worked towards stability and recovery, laying the foundation for a brighter future. With support from the Board of Directors, we invested in our most valuable asset – our staff team – launching an ambitious compensation philosophy and strategy. We also saw an increased number of people access our Health, Fitness, and Aquatics programs, hosted the Y Embassy Chef Showcase – a unique new fundraising event – and expanded our transitional housing spaces with a new 20-bed program for adult women.

Overall, we welcomed more than 42,000 people in Y programs and services last year and granted nearly \$207,000 in financial assistance to those who would otherwise not have been able to participate – a 72% increase of assistance provided over last year. Also increased was our engagement with newcomers to Canada. We saw a 39% increase in immigrants requiring support accessing essential services in 2023, something we expect to be an ongoing need as demographics in our region change.

It has never been more critical to have a healthy, thriving Y in our community. We are well underway developing our strategic plan for the next 5 years – a plan that our staff, donors, partners, and community members have been engaged with – coming together to help us shine brighter and grow stronger on our new path forward.

In fact, as we have our eyes firmly fixed on the rest of 2024 and beyond, we know how vital it is to proactively plan for our Y's evolution and to support emerging needs in the National Capital Region. With the help of our community partners and dedicated staff and volunteer teams, we will be bolstering our newcomer and employment services, addressing the growing demands for child care services, re-envisioning community support through health, fitness, and aquatics, and responding to the homelessness crisis in our region. A lot of positive changes are on the way!

Thank you for being a part of our Y family. With support from you and our community, the YMCA of the National Capital Region will continue to be a beacon of hope, where we provide the guidance, encouragement, and inspiration to help everyone reach their potential.

Sincerely,



Anne Butler
Chair, Board of Directors



Trevor McAlmont, MEd, MBA
President and CEO



2023 Highlights



13,050 people worked towards building a more secure future with help from **Y Employment Access Centres**.



15,939 newcomers to Canada were welcomed into our community and provided with the support they need to thrive through **Y Newcomer Service** programs.



4,127 children and youth discovered new abilities, made life-long friends, and built leadership skills at **Y Camps**.



227 young children were able to learn, create, and grow with guidance from caring mentors in **Y Licensed Child Care** programs.



487 people found safety, a caring community, and a place to call home while rebuilding their lives in **Y Housing Services**.



8,258 people were part of an encouraging community to make their health and wellness a priority in **Y Health, Fitness, and Aquatics** programs.



1,169 people gained valuable skills and put their education to work through **Y Trades** programs – and an average of **87%** of our graduates found work after their program!

42,242

people came to the Y for a sense of community, encouragement, and the inspiration to **shine more brightly**.

\$207,700

in **financial assistance** was provided to local families in need.

587

mission-driven **employees and volunteers** brought our impact to life.

590

generous donors made Y experiences possible for people across our communities.





**“Brian and I belong
to the Y family ...
We experienced love
there from our first day,
right until our last.”**

Shining a Light on Community Impact: Beatrice & Brian

It was a long journey for Beatrice to arrive in Canada. In 2013, she was displaced from her home country of Rwanda. Over the next ten years, she would move to Ethiopia, then Kenya, and in the midst of it all, she gave birth to her son, Brian.

In February of 2023, Beatrice and her then 6-year-old son finally moved to Canada. She chose to settle in Ottawa because she knew a friend who lived here. Her friend offered them a room to stay temporarily, but with limited space for two families, it wasn't a long-term solution.

After a few weeks in Canada, Beatrice reached out to social services. They guided her to connect with the Y Transitional Family Housing program at the Shenkman Residence.

Beatrice didn't know what to expect after years of fending for herself. She was surprised by the warmth and support she felt from Y staff from the moment they arrived with transportation. "It gave me peace. It gave me hope that there are people with heart."

Once she was settled, Beatrice began meeting with Irene, an Employment Consultant at the Y Employment Access Centre. Irene assisted her in getting connected to the Y's hospitality and tourism skills training program. She also showed Beatrice how to write and format a resume and helped her land her current job.

As Y residents, Beatrice and Brian were welcome to use the fitness facilities. Brian enjoyed playing in the Kids Zone, and with access to the pool and swimming lessons, they both learned how to swim!

In March of 2024, Beatrice and Brian moved into an apartment of their own through a subsidized housing program. Beatrice is happy to have this new, bigger space with a playground nearby. Despite having his own bedroom now, Brian still asks to visit the Y to say hello to the staff.

Through all of her experiences at the Y, Beatrice feels that she has become a new person. "Now I am okay, and I have self-confidence. I feel I have a right to speak. I feel I have a right to express."

In 2023:



801 people advanced their **swimming skills** and will now be safer around water for life.



199 children and youth **called the Y home**— finding stability, and the chance to just be a kid.



The **Y Employment Access Centre** provided local businesses with access to **\$662K** in financial incentives, helping them fund employee on-boarding and/or training.



244 Employment workshops and **1,026 Newcomer workshops** were delivered to people ready to make important changes in their lives, setting the stage for long term success.



“We’re so grateful for the support for Wilder. It doesn’t just make a difference in his life, it also makes a difference in mine.”

Shining a Light on Community Impact: Kelly & Wilder

Every time Kelly drove by Camp Otonabee on her way to work, it stood out to her as a classic summer camp. She always wanted to be able to give her 6-year-old son, Wilder, the experience of going to a camp like that, but as a single mom supporting two children with disabilities, it seemed out of the question.

In 2023, her hopes were made possible when she was offered financial support through the Evelyn E. Laishley Campership Fund. Receiving this annual sponsorship fund meant that Wilder had the opportunity to attend a day program at Camp Otonabee. "To let him have that typical summer experience, that he can go back to school with and relate to others ... I just think it's so important," Kelly shared.

Wilder is an active kid. He loves building with LEGO and being outside. He also has a limb difference and wears a prosthetic. For Kelly, having a son with a disability means that acceptance and accommodation are necessary in new environments. "It is a large requirement when Wilder will be attending somewhere that I'm not going to be present."

Camp Director, Marisa, alongside Assistant Director, Hannah, met with Kelly and Wilder in advance to discuss how to best support him at camp. They talked about when he should be wearing his prosthetic, appropriate language to use, and how potential comments from other children would be handled.

Kelly believed that Camp Otonabee would be a great fit for Wilder, and she was proven right. Wilder made friends and participated in activities like canoeing, swimming and nature walks. He was particularly proud of facing his fears on the high rope course. "The first time I did it, I was scared," said Wilder. "The second time, I wanted to go to the top ... It was fun!"

Kelly saw that Wilder was excited to wake up every morning and return to camp for more adventures. "I could see his confidence was growing in himself and in his social relationships."

Wilder will have the opportunity to come back to Camp Otonabee for a second year. He and Kelly are both looking forward to it. "We're so grateful for the support for Wilder. It doesn't just make a difference in his life, it also makes a difference in mine."

In 2023:



263 children received financial assistance to participate in **Y Camp** programs.



23 children from the **Y Transitional Family Shelter** program were given the opportunity to experience **Y Camp**.



6,861 children and youth developed powerful social skills through **Y Child Care, Camp, and Health and Fitness** programs.



408 newcomer youth were inspired to engage in their community while building leadership skills in our **Newcomer Youth Leadership Development** program.

Board of Directors

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Establishment (CSE)

Executive Team

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President and CEO

Morgan Bello, MIR, MBA, CHRP

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Child Care, and Corporate Services

Katie Sexton, B.A.Com, BEd

Vice President,
Employment, Newcomer Services, and Camp

Andrew Smith, CPA, CA, MBA

Vice President,
Finance and Housing

Summarized Financial Results

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

Revenue	2023	2022
Membership and Programs	2,625	2,242
Employment	10,778	9,299
Housing	5,292	4,216
Child Care	3,365	2,894
Camping	2,136	1,894
Covid Subsidies	3	1,235
Other	1,512	438
	25,711	22,218

Expenses	2023	2022
Salaries and Benefits	15,121	12,886
Purchased Services and Supplies	5,073	6,559
Building and Maintenance	3,165	2,838
Interest	542	552
Other	329	110
	24,230	22,945

Net Contribution before Amortization & Special Charges	1,481	(727)
Amortization	(74)	(587)
Net Contribution Before Special Charges	1,407	(1,314)
Net Gain/Loss on Sale of Capital Assets	0	42
Debt Restructuring	(146)	55
Net Surplus (Deficiency)	1,261	(1,217)



Igniting the Spark, Together.

Donors, Funders, Sponsors, and Partners make it possible for the Y to ignite the spark that helps people reach their potential. We couldn't make the impact we do without your support – thank you! Together, we will continue our work to ensure all members of our community have that chance to shine bright.

Lawyers for Kids Charity Hockey Tournament

The Lawyers for Kids Charity Hockey Tournament took place on May 4, 2023 at the Richcraft Sensplex raising close to \$45,000 to support Y children's programs – the highest amount in the tournament's history! Established in 2010 to honour local lawyer, Y member, and hockey enthusiast, Jim O'Grady, the tournament was created to celebrate Jim's impact in the community after he passed away in 2009. **Since its launch, the Lawyers for Kids tournament has raised more than \$330,000**, and helped provide many children and families in our community with access to vital Y programs and services.



Gowling WLG - 2023 Champions.

Y Golf Classic

The 14th annual Y Golf Classic was held on a beautiful September day at the renowned Ottawa Hunt & Golf Club. This sellout tournament combines an opportunity for relationship development between community leaders with helping raise vital funds to create life-changing opportunities for families in the National Capital Region. The 2023 tournament raised an incredible \$280,000, and **since its inception in 2009, the Y Golf Classic has raised close to \$2.8 million in net proceeds**. What a huge impact!

Special thanks to presenting sponsors Arch Insurance, Aviva, Victor, Everest, HDI, Temple and AXA XL for their generous support.



A great day supporting the Y at the Ottawa Hunt & Golf Club.

Y Embassy Chef Showcase

On October 24, 2023, we were delighted to host the inaugural Y Embassy Chef Showcase at the John G. Diefenbaker building. This friendly competition celebrates cultural diversity, inclusion, and community through the universal language of sharing food. We had a wonderful evening enjoying authentic dishes and beverages created by talented chefs from around the world, and our panel of judges presented the Embassy of Qatar with both the "Judge's Choice" and "People's Choice" awards. With the support of our participants, supporters, and embassies, **the 2023 Y Embassy Chef Showcase raised over \$50,000** for vital YMCA programs and services.

Special thanks to our incredible sponsors: Nordion, Bell, TD, Odgers Berndston, Proveras Commercial

Realty, and Colliers, as well as to our partners, Yasir Naqvi MP and the United Nations Association in Canada.



Save the Date for the 2024 edition – November 13 at the Horticulture Building!

Interested in hosting your own fundraising event to support the Y?

Please contact us at donations@ymcaottawa.ca for assistance!

Funders, Sponsors, & Partners

Funders, sponsors, and partners work collaboratively with the Y to deliver vital programs and services to our community.

Funders

Canadian Tire Jump Start
City of Ottawa
Employment and Social Development Canada
Government of Canada
Government of Ontario
Immigration, Refugees and Citizenship Canada
Ministry of Children, Community and Social Services
Ministry of Labour, Immigration, Training and Skills Development
Ontario Trillium Foundation
OTEC
Ottawa Catholic School Board
Ottawa Community Foundation
United Way of East Ontario
WCG
YMCA Canada
YMCA of British Columbia
YMCA Quebec

Sponsors

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Scotiabank
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SHK Law Corporation
Shoe Box Project
Singleton Urquhart LLP
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The Metcalfe Hotel
True Loaf
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Waterford Property Group
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Y Service Club International

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ACCES Employment
Adult High School
AEIP Pre-Arrival Services
African Carribean Black
Wellness Resource Centre
Agilec Employment Services
AIDS Committee of Ottawa
AKKODIS
Algonquin College

Alliance to End Homelessness
Amethyst Women's Addiction Centre
Apprenticeship Search
Arcades Design
Atwill-Morin
Bairn Croft Residential Services
Belong Ottawa
Boys and Girls Club
Bruce House
Camp Banting
Canada Green Building Council
Canadian Apprenticeship Forum
Canadian Federation of University Women
Diplomatic Hospitality Group
Canadian Mental Health Association
Canadian Museum of Nature
Capital Rainbow Refuge
Caribou Restorations
Carlington Community Health Centre
Carty House
Catholic Centre for Immigrants
Causeway Work Centre
Centre 454
Centre 507
Centre des services communautaires Vanier services d'emploi
Centretown Community Health Centre
Chartered Professional Accountants of Ontario
Children's Aid Society
Children's Hospital of Eastern Ontario
Children's Inclusion Support Services
CISOC (Cultural Interpretation Services for our Community)
City of Clarence-Rockland

City of Clarence-Rockland Public Library	Interior Finishing Systems Training Centre - IFSTC	Ottawa Local Immigration Partnership (OLIP)	The Caring and Sharing Exchange
City of Ottawa	Jericho Road Ministries	Ottawa Mission	The Family Table Catering
City of Ottawa - Community Capacity Building	Jewish Family Services	Ottawa Police Service	The Ottawa Mission
Cleroux Karate Dojo	Kids Up Front	Ottawa Public Health	The Shoebox Project
College Boreal	KIND (formerly Pink Triangle Services)	Ottawa Public Library	The Snowsuit Fund of Ottawa
Colleges and Institutes Canada	Kustom Precast Concrete	Ottawa Supportive Housing Network	The Well
Community Employment Resource Centre (John Howard Society)	La Cité	Ottawa-Carleton Catholic School Board	Tim Davis Design Inc
Community Services Ottawa	Le Carrefour	P&L Contracting	Toy Mountain
Conseil des écoles catholiques du centre-est	Lebanese and Arab Social Services Agency	Parkwood Hills Stakeholders Committee	Tungasuvvingat Inuit
Conseil des écoles publiques de l'est de l'Ontario	Legal Aid Ontario	Paul Davis	Twice Upon a Time
Conseil Économique & Social d'Ottawa-Carleton	Lemay Carpentry	People Words & Change	United Nations Association in Canada
Cornerstone Housing for Women	Lightenco	Pinecrest Queensway Community Health Centre	United Way
CRA	Lionhearts Inc.	Pinecrest Queensway Community Health Centre Employment Services	Urban Ocean
CVE Inc	Live Work Play	Planned Parenthood	Valoris
Dave Smith Youth Treatment Centre	Local Agencies Serving Immigrants (LASI) Ottawa	Preston Hardware	Vanier Employment Services
Devon Roy Contracting	Local Planning Board	Psychiatric Survivors of Ottawa	Vesta Recovery Program for Women
Donalco	Mary Homes	R&D Construction	Voicefound
Dress for Success	Matthew House	RBC	Volunteer Ottawa
Ekobuilt	Milwaukee Tool Company	Regroupement Autisme Prescott-Russell	Wabano
Elizabeth Fry Society of Ottawa	Mold Busters	Renosmart	World Skills Employment Centre
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Employment Networking Group	MSR Construction	Restoring Hope Ministries	YMCA Canada
Employment Ontario Ottawa Network	NAIMA Canada	Roberge Windows and Doors	YMCA Management Resource Centre
Entraide budgétaire Ottawa	Nisa Homes	Royal Ottawa Hospital	YMCA Niagara
EnviroCentre	OC transpo	Rural Ottawa Youth	YMCA of British Columbia
Greater Ottawa Home Builders Association	Odawa Native Friendship Centre	Salvation Army	YMCA of Greater Toronto
Habitat for Humanity	Ontario Council of Agencies Serving Immigrants	Serenity House	YMCA of Northeastern Ontario
Healthy Babies Healthy Children	Ontario Disability Support Program	Serenity Renewal	YMCA of Quebec
Heritage Grade/Asbex	Ontario Landlord and Tenant Board	Service Canada	YMCA of Simcoe-Muskoka
Herzing College	Ontario Works	Sexual Assault Support Centre	YMCA of Southwestern Ontario
Hire Immigrants Ottawa (United Way)	Operation Come Home	Shepherds of Good Hope	YMCA of Three Rivers
Homestead Landholding	Options Bytown	Skilled Trades Ontario	YMCA Ontario Employment & Immigrant Services
House of Hope	Ottawa Carleton District School Board	Skills Ontario	Managers Working Group
Housing Help	Ottawa Catholic School Board	Sobriety House	YMCA Ontario Employment Ontario Managers Working Group
IDP Group	Ottawa Children's Treatment Centre	Social Planning Council of Ottawa	Youth Coordinated Access Group
Immigrant Women Services Ottawa	Ottawa Climate Action Fund	Somali Centre for Family Services	Youth Services Bureau
Incubator13	Ottawa Community Housing	Somerset West Community Health Centre	Youthnet
Infection Prevention and Control Program (IPAC)	Ottawa Community Immigrant Service Organization (OCISO)	St. Joes Women's Centre	
Innovative Community Support Services	Ottawa Community Loan Fund	St. Lawrence College Employment Services	
	Ottawa Construction Association	St. Mary's Home	
	Ottawa Food Bank	Stepstone House	
	Ottawa Inner City Health	St-Nicholas Adult High School	
	Ottawa Innercity Ministries	Tae E. Lee Taekwondo	
		Talk Tools Training	

Power of Trades and Second Stage Housing for Youth programs partially funded by:



Y Donors

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 reach their potential.

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. The Chair's Round Table celebrates the vision, leadership and philanthropy that shapes our Association.

Leaders \$10,000+

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Heritage Club Members

The 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 M. Bouey*
John Campbell
Kim Canary
Christine Gibbard
Fiona Gilfillan
Clare Gillespie
D. Mary Hackett*
Al Hatton
Charles K. Hurst*
Lois M. Hurst*
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Claire Martin
Catherine E. Mason
Richard J. Moore
Don Noble
Wilda Phillips*
Robert Slipp
William 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
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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.



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the National Capital
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recognized by:

