



HEALTH. HAPPINESS. BELONGING.

2017-2018 Community Impact Report

Our Mission

The YMCA of Northern BC is a charity dedicated to strengthening the foundations of our community through promoting healthy living, fostering belonging, connection, and inclusion, and helping children, families, and seniors thrive!

Our Values

Caring, Honesty, Respect,
Responsibility, & Inclusivity





CEO & Board of Directors



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YMCA Board of Directors



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A Message from the CEO, Amanda Alexander

Health. Happiness. Belonging.
It starts here, at the YMCA.

The YMCA is a community of caring neighbours, friends, and family, all supporting you on your journey to better health. Every day at the Y, we witness people learning new skills, making new friends, getting healthier - both mentally and physically, finding support, and feeling a sense of belonging. It is an incredibly powerful experience.

For over 50 years, we have served the community by being responsive, and relevant, and delivering a positive impact. This report provides a snapshot of our Y's significant footprint across the region with 15 sites that allow us to serve more than 230,781 people each year.

Now, more than ever before, we recognize that we have a responsibility and an opportunity to address some of the urgent needs facing our communities. Our strategic focus is on:

Promoting Healthy Living

We believe that health is a right, not a privilege. We are working towards achieving this for all of the communities that we serve.

Helping Children, Families and Seniors Thrive

We believe that all people at every stage of life, deserve the support they need to achieve wellness.

Fostering Belonging, Connection, and Inclusion

We believe that people can reach their potential when they feel safe and are surrounded by a supportive community.

The challenges facing children and families across the north are not simple to resolve. The Y is responding to these complex issues facing underserved communities and we are confident in our ability to create and deliver programs and services that will have a true impact.

Here are a few highlights of new ways in which we have made a real difference in the lives of those that we serve over the past year:

- Foundry, a new youth health centre, opened in Prince George to provide support to youth through integrated services including primary care, mental health, substance use support, and social services.
- New youth mental health programming is offered in Prince George. Y Mind and MindFit are designed to support youth who are living with anxiety and depression to have the skills and resources to best manage these challenges. Next year, this program will be facilitated throughout our regions.
- We launched the Beyond the Bell Program at Glenview Elementary. This free after school program provides homework support, social connection, nutrition, and physical activity to children who are living in economically disadvantaged environments.
- More social impact to come! We were chosen to be the operator of a new child care centre in the newly built Margaret 'Ma' Murray Community School in Fort St John. And, we were proud to be chosen to be the operator of the Vanderhoof Aquatic Facility, which is currently under construction.

Thanks to all of you volunteers, staff, partners, and donors - because of your support we are able to achieve this vision.

Impact Snapshot



We cared and celebrated 40 years of delivering quality child care services.

Members of the community accessed health, fitness, and recreation services 230,781 times.



We successfully introduced mindfulness programs for youth and teens struggling with anxiety and depression.

We opened the YMCA Margaret 'Ma' Murray Care and Early Learning Centre in Fort St. John.



We employed over 180 YMCA employees.

We are thankful for more than 159 YMCA volunteers.



We introduced YMCA Beyond the Bell - a donor-funded program designed to help struggling children keep pace with their peers.





FOSTERING BELONGING, CONNECTION AND INCLUSION

28 participants successfully completed Y Mindfulness Programs.

35 participants successfully completed the Youth Works Employment Program.

170 residents at Simon Fraser Lodge remained active and connected because of YMCA Staff.

441 at-risk youth received support at Youth Around Prince, for a total of 10,304 visits.



Foundry is where wellness takes shape. This one-stop shop offers health care and social services under one roof to make it easier for young people to find help and support. At Foundry, a team of care and service providers works with each young person to create a plan for wellness and help equip them with the tools, support, and strategies they need to thrive in life. Foundry centres provide access to someone to talk to, care providers for any health need, and friendly experts to help navigate health and social services, resources, and programs. All centres deliver free, respectful, non-judgmental, and strength-based services in a youth-friendly space.

Alice's Story

Alice is a 23 year old mom of four children, all under 4 years old. She heard about the Circle of Security program at Foundry through a friend sharing it over social media. Circle of Security is an early intervention program for parents and caregivers of young children, focused on building healthy attachment and instilling a sense of security. Alice participated in a similar program in the past in a different community but felt that she wasn't ready back then for the learning or changes she wanted to make as a parent. After struggling with postpartum depression and responding to challenging behaviours with her 4 year old daughter, she decided to sign up for Circle of Security for some help. Alice felt more ready, more open, and more willing to use the skills in her life as a parent. One of the things that Alice really appreciated about this program at Foundry was having childminding so that she could focus on her own learning and needs while her little ones are cared for. Alice was able to meet her goal of learning how to support her children and better meet their needs.

"My daughter and I have a closer bond now. I used to really dread going places with her because she would have tantrums and I didn't know what to do. I have learned how to manage her needs and help her understand her feelings. Now she can tell me when she is sad, or mad, or needs a hug. The kids have learned a lot as well. We have learned as a family."

OUR IMPACT

54% of youth who use services at Foundry are between the ages of 15 to 19 years old.

44% of youth accessing Foundry said they would not have gone anywhere for help if Foundry was unavailable.

57% of youth receiving services from Foundry identify as female.

738 youth accessed services at Foundry for mental health and substance use support, for a total of 2,067 visits.



"The Y provides me with a healthy outlet to go and blow off some steam."



"I like to see all the young people at the front desk. It is nice to see the Y supporting youth and young adults. The Y helps all individuals in Prince George from young to old."



"I love the childminding & Y MOVE! It makes me feel better knowing she is on-site and having fun."



"Going to the Y gives me stress relief, alone time to work on myself, helps me get to a healthier body weight, and overall feel better about myself."



"My kids love the childminding staff and I know that they are well taken care of."



"I love that the YMCA caters to people at all levels of fitness!"

PROMOTING HEALTHY LIVING

4,056

group fitness classes taught including one new prominent class: Bolly X.

129

children & youth participated in registered children's recreation programs.

112

wildfire evacuees accessed the Prince George Family Y for free over the summer.

At the YMCA, it doesn't matter what shape you're in! You will find lots of enjoyable classes for all age groups and fitness levels, which will soon have you feeling great in more ways than you ever thought possible!

You'll find a range of programs for the whole family that will promote your well-being by helping you get fit, reducing stress, and building self-confidence.

We believe that health is a right, not a privilege, which is why no one is turned away from the YMCA due to an inability to pay.

Janice's Story

"My name is Janice. I noticed over the last several years that I was losing energy quickly and found it difficult to keep my dogs exercised properly. I had explained it as the normal aging process until I found out that I was diabetic during a routine eye exam. Soon after, I was put on medication and given advice from the diabetes clinic to adjust my diet, and to take up weight training. Thus, I took a deep breath and walked into the YMCA. The front staff were very calm and welcoming. My tour of the facility made me feel at home immediately and the fees were affordable.

My introduction to the stationary bicycles and the weight machines was encouraging and exactly what I needed to start on my new exercise routine. After working happily away in the spin room for awhile, I tried the Senior Fitness class. The instructors, both Cheryl and Shari, are very knowledgeable and help to tailor a workout to your own abilities.

Not long after, I felt that I would like to progress to an Aerobics class. It was, and continues to be, a great test of my confidence and stamina.

My balance, stamina, and strength are improving on a regular basis in the short time since I have joined the Y.

There are such a wide variety of programs provided by the YMCA which are adaptable for seniors and I am looking forward to many years of continued growth.

My next challenge is to learn to use the free weights and design my own fitness program."

OUR IMPACT

1,855

children, youth & adults took part in Vanderhoof recreational programming including: summer programs, Bootcamp and Parent & Tot.

21

community members took part in the Cardiac and Pulmonary Maintenance Program.

1 in 5

children and families received financial assistance to access YMCA memberships and programs.



“The instructors are very knowledgeable and helpful.”

Helping Children, Families,
& Seniors Thrive



"I feel like he is at his second home."



"I cannot describe how welcome and included our family is - the staff are beyond amazing!"



"Alina loves to come home and teach us what she learned."



"Jacob has improved in every area. We love this program!"



“She learns how to play and express her feelings and thoughts with others.”

HELPING CHILDREN, FAMILIES, AND SENIORS THRIVE

663


CCRR child care referrals were made for families seeking quality child care.

108

children were cared for by dedicated YMCA staff in Vanderhoof.

438

families or individuals borrowed items from the CCRR Toy and Educational Resource Lending Library.



YMCA Margaret
'Ma' Murray Care
and Learning Centre
Grand Opening in
Fort St. John.

As the largest not-for-profit provider of child care in Canada and with 40 years of experience, the YMCA of Northern BC offers high-quality child care programs for infants, toddlers, preschool, and school aged children. We understand that families have many demands and that choosing child care is a big decision, which is why we offer a variety of options to meet every family's needs. We know that parents want to ensure that their child is safe and well cared for while having fun. We believe that every child deserves a safe place to grow, and work to create a place that your child wants to go every day.

Child Care YMCA Playing to Learn Assessment

"The educators in all the programs are caring and show genuine warmth towards the children. It is evident that the educators have developed strong and nurturing relationships with the children as there is an overall sense of calm, fun, and learning. The children really seem to enjoy being with the educators and they invite them to play with them often. The activities they are planning are developmentally appropriate - new learning and growth is evident in the planned activities, as well as in the documentations."

We celebrated
40 years of
child care
excellence.



OUR IMPACT

1,784

children cared for in our child care centres including: Fort St. John, Fort St. James, Prince George and Vanderhoof.

19

children received transportation subsidy through the YMCA Strong Kids Campaign.

88%

score in our YMCA Playing to Learn Curriculum Assessment.

Equal Opportunity for Every Child



"The quality of care is exceptional. Camp leaders are engaged and focused on my child."



"My children get to try activities they normally wouldn't get to do and they get to spend time at the lake."



"The Aurora program has inspired me to follow the core values, enjoy the outdoors and become a great leader."



"I felt the presence of camp, and it's too great a feeling to explain! It makes me feel better than I have ever felt."



“My son had such a positive experience and he is already wanting to go back next summer!”

EQUAL OPPORTUNITY FOR EVERY CHILD

63 children received subsidy to attend Camp Kanannaq through the YMCA Strong Kids Campaign.

295 children took part in the Outdoor Education Program.

15 children took part in our winter camp at Camp Kanannaq.

563 children and youth took part in YMCA Camp programs.

As a charity dedicated to building healthy communities, we believe that health is a right, not a privilege. This is why we do not turn anyone away due to an inability to pay. Our goal is to make health accessible by eliminating financial barriers so our community can be healthier and happier. The YMCA raises funds all year so we can provide financial assistance to those who need it most: including 40 students at our YMCA Beyond the Bell program - a 100% philanthropically funded academic achievement program designed to help struggling children keep pace with their peers.

Beyond the Bell Stories

"I started this year with a full time job. It has been hard for me to give him the extra help he needs at home. His interaction with the Beyond the Bell program has improved. At first he would want to do something else, get distracted, and not pay attention or listen very well. Now he is doing very well - he is coming home with stickers everyday. His writing has improved and his reading is coming along. His phonics, in particular, have improved. He is getting the help that he needs to pick those things up with the extra support because of the program."

"They have helped me with math drills, which is one of the main reasons I am in Beyond the Bell. Beyond the Bell is an after school program where I can practice, do homework, and have fun!"

"We have gone to the Four Seasons Pool and we go on field trips to other places like Forests for the World."

"Thank you. This is a very fun program and I would like to be in the program again next year."

"A big thank you to the program. It was been good for my children to have extra help, and the ladies who run the program are great - they're just what my children needed this year."

OUR IMPACT

96% of children demonstrated a positive impact.

86% of children developed new skills.

100% donor funded.



“My reading levels have gone up and I am getting my homework done quicker.”

Volunteers of the Year

Paz Milburn

Volunteering for over four years, Paz continually gives to our Association through a multitude of capacities - both fitness and fundraising. She is a Tai Chi Instructor at the Prince George Family Y, as well as a Dance Teacher. Additionally, Paz often assists with teaching and leading other classes such as, Minds in Motion and Senior Fit. Paz spends her time leading many fundraising initiatives supporting YMCA Strong Kids.

Paz is always friendly, welcoming, and beaming. Her kind heart is evident in all her interactions, from a short class to her large philanthropic endeavours. We would like to thank Paz for her many meaningful contributions to our team!

Kathy Baker

One of our longest standing volunteers, with nearly 20 years with our Association, Kathy continues to be a dedicated team member. During her time, Kathy has served in many different roles and departments, including CCRR, Member Services, and special events.

Kathy is known by all the Y staff and members at the Prince George Family Y as she is a living example of the YMCA mission - establishing meaningful relationships with everyone who walks through our doors. We are grateful for Kathy's longterm commitment to helping us build healthy communities.



Volunteer Award Recipients



Youth Volunteer
Aidan Bryden



Membership Volunteer
Eric Robinson



Fitness Volunteer
Celina Fequet



Community Health Volunteer
Nirmal Dhemi



Child Care Volunteer
Rupinder Sandhu



Recreation Volunteer
Christina Ngabo



Fundraising Volunteer
Selen Alpay



Spirit Volunteer
Kim Bhattoa



Community Partners \$5000+

Canada-BC Jobs Grant • Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • Children First • City of Prince George • District of Vanderhoof • First Nations Health Authority • Foundry Central Office • Four Rivers Co-Op • Graham Boeckh Foundation • Imagine Grants • InnerChange Foundation • Integris Community Foundation • Integris Credit Union • Intersect Youth and Family Services • Jim Pattison Broadcast Group • Michael Smith Foundation for Health Research • Ministry for Children and Family Development • Ministry of Social Development and Poverty • Northern Health • Prince George Cougars • Prince George Division of Family Practice • Prince George Native Friendship Centre • Province of British Columbia • RBC Foundation • Reduction • Robert L. Conconi Foundation • School District 57 • Simon Fraser Lodge • St. Paul's Foundation • Success By Six • The Prince George Citizen • United Way • Vista Broadcast Group • YMCA Canada • YMCA of Greater Toronto • YMCA of Greater Vancouver

THANK YOU.

Thank you to all of our generous community partners and donors for allowing us to help the **1 in 5 children** in our community that require financial assistance to participate in YMCA Camps and Programs.

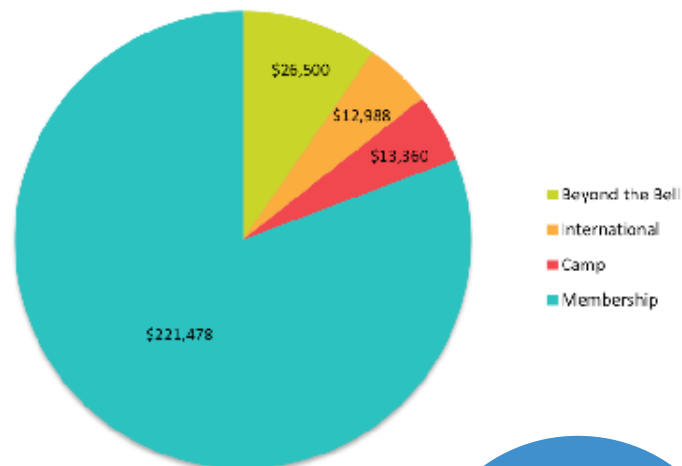
FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC
Financial Statement: Year end August 31st, 2018

	2018	2017	2016
<i>Operations</i>			
Revenue	6,947,340	6,090,011	5,345,184
Expenses	6,941,154	6,013,275	5,228,761
Net	6,186	76,736	116,423
Capital Investment	121,892	589,931	204,919
<i>Balance Sheet</i>			
Current Assets	1,549,521	1,432,135	1,729,113
Capital Assets	2,745,984	2,895,747	2,650,851
Total Assets	4,295,505	4,327,882	4,379,964
Current Liabilities	1,134,105	1,083,772	1,107,741
Long Term Debt	991,449	1,074,462	1,101,476
Net Assets	2,169,951	2,169,648	2,170,747
Total Liabilities	4,295,505	4,327,882	4,379,964

2018 Financial Highlights were extracted from Annual Report
Statements audited by DMC Chartered Professional Accountants Inc.
A copy is available upon request.

YMCA STRONG KIDS RAISED
\$30,281 SUPPORTING
121 CHILDREN AND YOUTH.



We raised
\$4,400
from our annual
MEGATHON
fundraiser.

No one is
turned away
due to an
inability
to pay.

1 in 4 campers
receive financial
assistance to
participate in
YMCA camps.

5,200
community
members attended
our annual YMCA
Healthy Kids Day in
Prince George.



GIVE. JOIN. VOLUNTEER.



Registration number: 119307197-RR0001

YMCA of Northern BC

Prince George
2020 Massey Drive
Prince George
250 562 9341

Fort St. James
349 Stuart Drive W
Fort St. James
250 996 0320

Fort St. John
11504-105 Ave
Fort St. John
236 365 6627

Vanderhoof
186 Columbia Street E
Vanderhoof
250 567 4524

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