



# BUILDING HEALTHY COMMUNITIES

2018-2019 Community Impact Report

CARING  
RESPECT  
HONESTY

# A Message from our CEO

## Building Healthy Communities & Extending Our Reach Across Northern BC

The YMCA cares about the same things you care about: raising healthy and resilient kids, ensuring youth feel confident and supported, and helping people feel healthy and connected to others in the community.

As one of Northern BC's largest charities, the Y provides **vital community services** that have a positive impact on some of the communities most crucial social issues.

### Central to our success:

- People who unite behind our mission to **help people reach their potential**
- **Safe and welcoming places** we provide, from health and fitness facilities to child care centres to camps, that foster a sense of community
- **Comprehensive community health programs** that provide support, skills, and opportunities people need to achieve success

The challenges facing children and families across the north are not simple to resolve. The YMCA believes that geography and population size should not exclusively determine access to quality programs and services. The Y is extending its reach and 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 long-lasting impact**.

Here are a few highlights from the past year of new ways in which we are **helping build healthy communities across the north**:

- We are the proud operator of the **Vanderhoof Aquatic Centre**. We are providing access to a life saving skill, improving access to aquatics programming, and providing a safe and welcoming facility where community members can swim, laugh, and play together.
- Our **camp programs moved to a new location** which has facilitated new programming, serves a greater number of northern communities, and provides the capacity to serve more children.
- Our child care programs continue to serve new communities, **including our expansion to Fort St. John**. We now have centres for early learning excellence in **Vanderhoof, Fort St. James, and Fort St. John**.

**Thanks to all of you: volunteers, staff, partners, and donors** - who are working hard to achieve our vision of healthier, happier, and more inclusive communities across the north. When we achieve this vision communities in Northern BC will be vibrant and healthy because children, families, and seniors belong, grow, thrive, and lead.

## YMCA Board of Directors



**Ashley Stoppler**  
Director



**Brad Halsey**  
Chair



**Bruce Siddall**  
Director



**Catherine Pennington**  
Director



**Jennifer Dungate**  
Vice Chair



**Lindsay Van der Meer**  
Director



**Mavis Bethune**  
Director



**Pat Flack**  
Director



**Rob Traxler**  
Past Chair



**Rod Quiring**  
Secretary / Treasurer



## 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, and Inclusivity



## Youth Advisory Council

The YMCA of Northern BC Youth Advisory Council is a group of YMCA staff ages 15-29 who work with the YMCA Board of Directors to inspire, impact, and invest in youth. Participation in the council provides leadership and skill development, increased understanding of governance, and awareness of national and global YMCA priorities. We work to support the YMCA of Northern BC's mandate and strategic plan through youth-led initiatives and projects and by promoting opportunities for youth engagement across our Association.

Our council members participated in a number of professional development opportunities this year. In November, four council members travelled to YMCA Camp Elphinstone for the YMCA Young Leaders Conference hosted by the YMCA of Greater Vancouver. This was a valuable opportunity to develop connections outside of our Association, build our communication skills, and learn about youth-led projects at other YMCAs. We also had the privilege of sending a youth delegate to the YMCA Canada Annual General Meeting.

# Impact Snapshot



We cared for 1,668 children in our child care centres.

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



Foundry Prince George secured psychiatry services, providing 124 psychiatry visits to community members.

Camp Kanannaq found a new home at West Lake, serving 706 families with more programs and longer hours.



We employed over 237 YMCA employees.

We are thankful for more than 178 YMCA volunteers.



We opened the Vanderhoof Aquatic Centre, and community members swam 26,199 times.



# Comprehensive community health programs

# 100%

## of Youth Mindfulness participants sustained clinically significant lower levels of anxiety after 3 months.

At the YMCA, **we believe in health.** In addition to our Y Mind groups and counselling services, we were able to introduce psychiatry as a service at Foundry-Prince George. This is a **much needed and difficult-to-find resource in our community.** Foundry team members trained on providing gender affirming care to transgender and trans-questioning youth and provided 25 gender care visits.

### 679

youth and 60 family members accessed services at Foundry, for a total of 2,522 visits.

### 8

families participated in the Family Healthy Living program, learning how to eat healthier and become more physically active together.

### 169

residents at Simon Fraser Lodge remained active and connected through programming and supports from YMCA Staff.

### 45

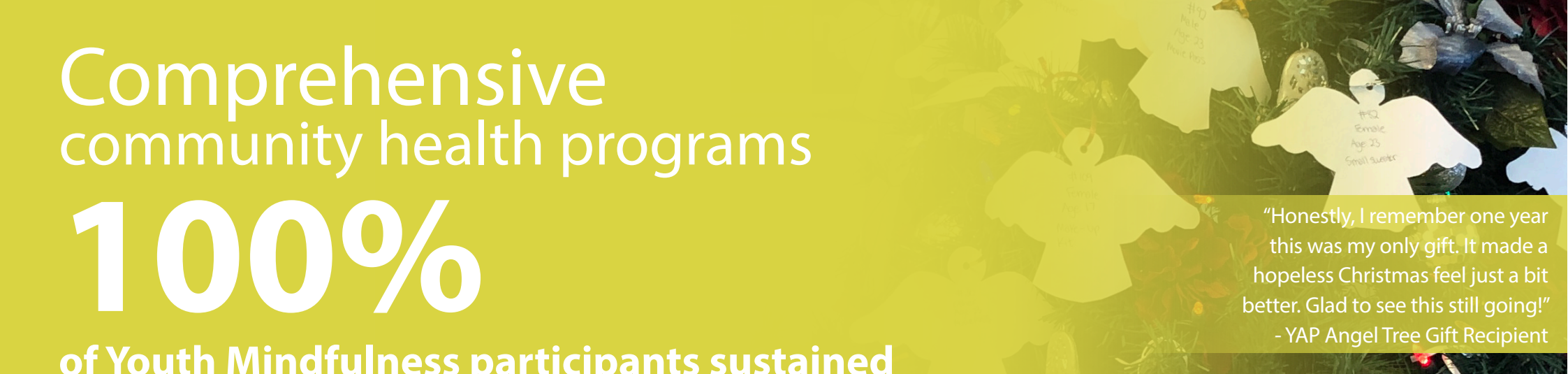
participants successfully completed Y Mind Programs.

### 42


participants took part in the Youth Works Employment Program, with 85% of participants completing certifications.

### 510


at-risk youth received support at Youth Around Prince, for a total of 5,782 visits.



"Honestly, I remember one year this was my only gift. It made a hopeless Christmas feel just a bit better. Glad to see this still going!"  
- YAP Angel Tree Gift Recipient



"Everyone we've talked to at this point has been super helpful and it has truly helped both of us a lot."  
- Father of a Foundry Youth



"The program did a lot for me in terms of gaining back control in my life."  
- Youth Mindfulness Participant



# Sonja's Story

In response to the ongoing opioid crisis in Prince George, one caring community member took it upon herself to ensure she and her family were prepared to help.

It was Sonja's request to celebrate her birthday by taking Narcan (Naloxone) training **together as a family**. Foundry was able to provide training and information to Sonja and her family members. Foundry's nurse Shaunda trained them on how to use Narcan to **help someone experiencing an overdose from opioids, potentially saving lives**.

**Foundry offers group Narcan training to everyone in the community every Wednesday.**

The opioid crisis continues to affect many people in Prince George, **including youth and family members in our programs**. In 2018 Prince George had the second highest overdose death rate in BC, after Vancouver. This crisis is complex with many layers of solutions needed to address it.

Foundry offers group Narcan training to **everyone** in the community **every Wednesday from 12:30pm-1:30pm**. **Young people can come in anytime to learn how to use Narcan one-on-one.**

# Safe and Welcoming Places

# 1,668

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

Our child care programs continue to serve new areas across the region **creating a community where everyone feels a sense of belonging and connection.**

## 393

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

## 17

preschool children received transportation subsidy through our YMCA Strong Kids Campaign.

## 1104

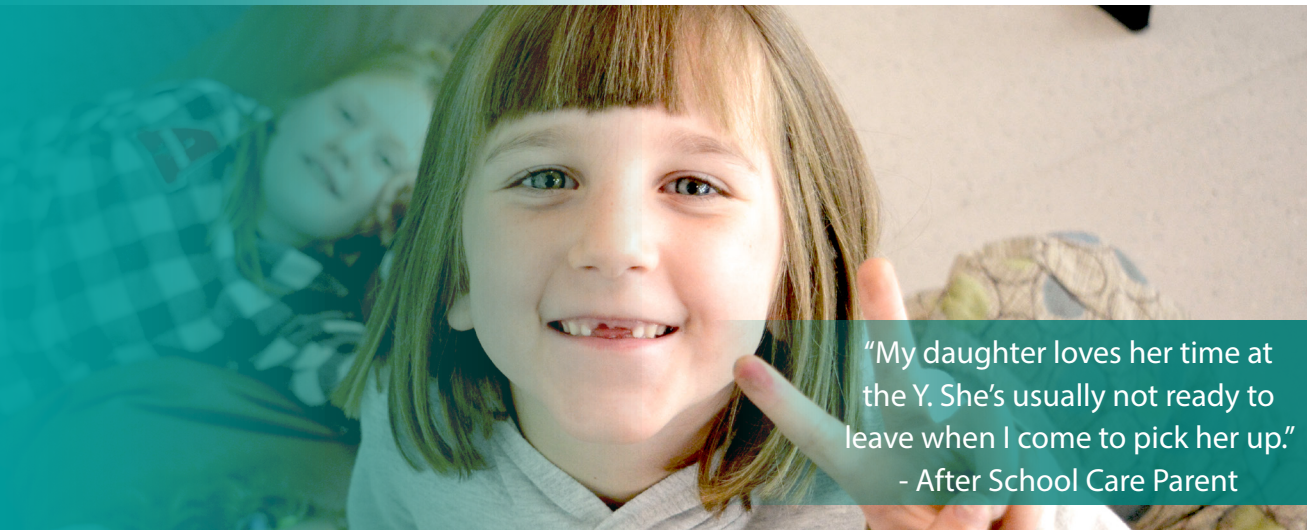
CCRR child care referrals were made for families seeking quality child care.

## 37

workshops and trainings were held by our dedicated YMCA staff.



"She's always having fun when I pick her up."  
- Group Care 3-5 Years Parent



"My daughter loves her time at the Y. She's usually not ready to leave when I come to pick her up."  
- After School Care Parent



"The child care staff are always caring and respectful."  
- Infant and Toddler Parent



# Joshua's Story

Joshua's family joined YMCA child care in June 2018, excited for the opportunity to be in a group care setting. "It was a huge weight off my shoulders," his mom expressed, as she had previous issues with another provider. **"The move over to the YMCA has benefitted my family in a big way.** I really needed my children to attend a child care where they were **nurtured**, had a **great daily routine**, and their **individual personalities were celebrated**. I appreciate all the calls and letters to keep me updated on what is happening throughout the year."

**"I love that there is always something new to try or play with to keep my child engaged."**

"My favourite is **the relationships he has made with each staff** in his classroom, as well as his little friends. I love that there is always something new to try or play with to keep my children engaged. My son comes home singing often.

I struggled fitting in activities and outdoor time with a long work schedule and only two days off a week. **I finally do not have that stress or worry**, as I know my child goes outside everyday or plays in the gym. **I truly appreciate the YMCA and their care providers** who are involved in my child's day-to-day life."

# Help people reach their potential 1 in 5

children and families receive financial assistance to participate in YMCA memberships and 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** to our facility so the community can be healthier and happier. That is why the YMCA raises funds all year long; so we can provide financial assistance to those who need it most.

## 793

children, youth, and adults took part in Vanderhoof recreational programming including: summer programs, Bootcamp and school break programs.

## 12

children on average took part in each Y Move class.

## 84

different group fitness programs were taught.

## 34

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

## 359

community bookings were made at the Integris Community Centre.



"I have my membership at the Y specifically because of all that is available for my kids."  
- YMCA Member



"You guys made it affordable for me and now I come about five days a week. It is welcoming and comfortable, even at my fitness level. The Y is changing my lifestyle."  
- Financial Assistance Recipient



"I think the pulmonary program is great; I have noticed a difference in just a few weeks. It has helped me so much, I can even keep up with my husband now!" - Georgia M.







# Morgan's Story

Morgan experienced postpartum anxiety and depression after the birth of her son. She found the YMCA to be a place where she could go and feel safe. **“I absolutely love working out at the Y,”** said Morgan, “I’m surrounded by people from all different backgrounds; all different fitness levels.”

Morgan was nervous to leave her son at child minding. “The child minding staff took the time to get to know me and my family personally. Within no time they were no longer just staff, they were my friends and ultimately they were my support system as a new mom.”

**“The Y has impacted my life positively in so many ways.”**

“The Y has impacted my life positively in so many ways. It gives me **a safe and non-judgmental place** where I can come anytime with my son. I know that he is being taken care of while I can **dedicate time to myself and my own mental health.** It ultimately makes me a better mom, a better person, and a better partner.”

# People who unite behind our mission 1 in 5

children in YMCA Beyond the Bell improved their reading by one grade level.

As a leader in healthy living, we know that living in poverty is often linked to an increase in health-related issues in kids including poor nutrition, obesity, increased behavioural and emotional problems, and low academic achievement. YMCA Beyond the Bell is a philanthropically funded afterschool academic achievement program that gives vulnerable children the additional help they need to keep pace with their grade level and peers.

40

low-income children at YMCA Beyond the Bell receive academic supports required to keep pace with their peers.

86%

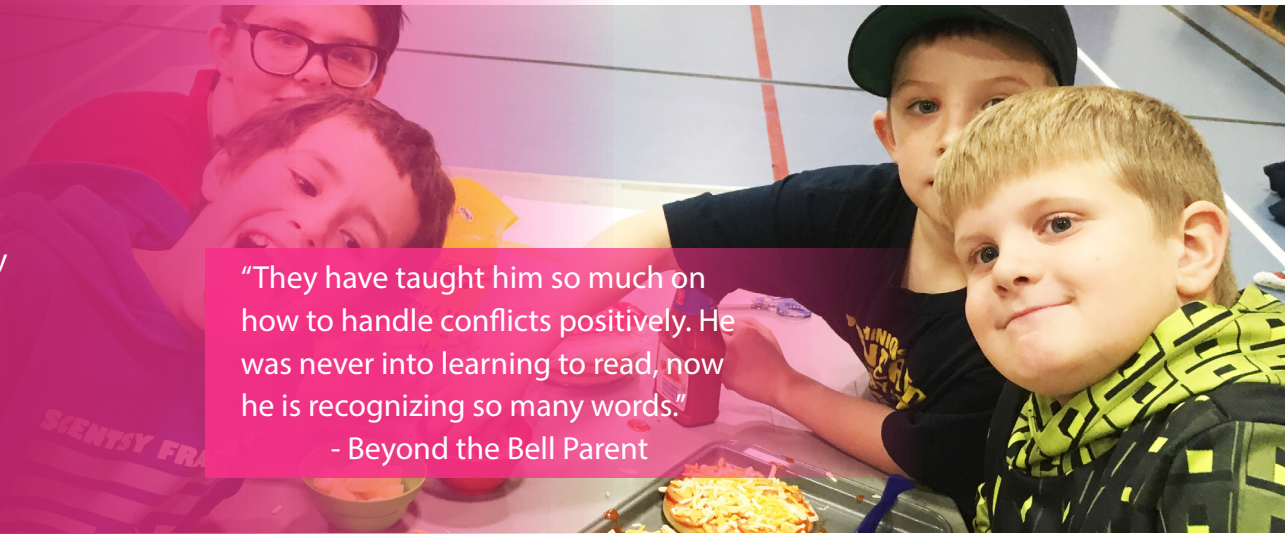
of children developed new skills such as skating, swimming, and cooking.

100%

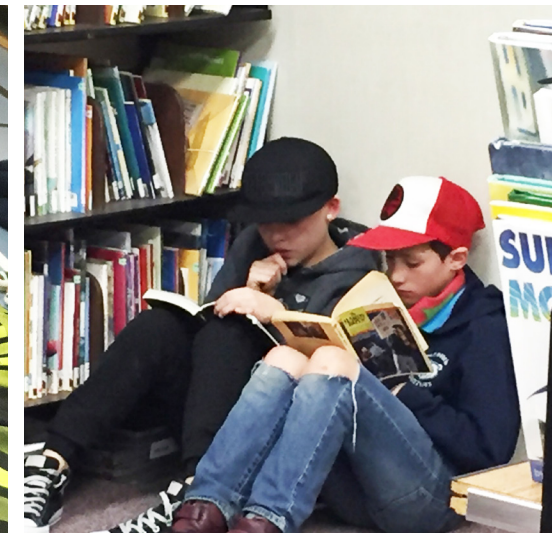
of children in the program improved in reading, writing, and math.



"Beyond the Bell is an amazing program and the leaders are absolutely wonderful!"  
- Beyond the Bell Parent



"They have taught him so much on how to handle conflicts positively. He was never into learning to read, now he is recognizing so many words."  
- Beyond the Bell Parent



"He is thriving in many areas and I believe the support from Beyond the Bell plays a huge part." - Beyond the Bell Parent

# Tyler's Story

A mother of a YMCA Beyond the Bell participant, Tyler, describes the impact this afterschool program has had on her child. **"It's been hard for me to give my son the extra help at home.** His interaction with the Beyond the Bell program has really improved."

She says he struggled to focus at first, but is now flourishing. **"He is coming home with stickers everyday, and he's actually improved quite a lot with his writing. His reading is coming along as well; his phonics in particular have improved.** Now he is getting the help he needs ... just a little extra support."

**"A big thank you! It's been just what my kids needed this year!"**

She also expresses her gratitude to the program, and the donors who make it possible, as it has been a difficult year for the family. **"A big thank you! It's been just what my kids needed this year! I've started a full time job, and their dad works in Vancouver 90% of the time. It's been good for them to have the extra help. The leaders in the program are great; they are just what they needed this year."**

**"They've helped me with math drills - that's one of the reasons I'm in Beyond the Bell. Also because I like that it's an afterschool program where I can practice and do homework, and have fun!" - Beyond the Bell Participant**

# Foster a sense of community

# 1 in 4

**campers attend our summer camp programs with financial assistance from our YMCA Strong Kids Campaign.**

In between the arts, crafts, games, and activities, something special happens: **friendships blossom, self-confidence emerges, and independence grows.** Through it all, children and youth build resilience to help them face new challenges as they grow up. **When kids and teens believe in themselves, the whole community wins.**

## 83

children received subsidy to attend YMCA Camp Kanannaq through our YMCA Strong Kids Campaign, for a total of \$16,128 provided in sponsorships.

## 30

children took part in our Winter Camp at YMCA Camp Kanannaq.

## 706

children and youth took part in YMCA Camp programs.

## 335

children took part in our Outdoor Education Program.

## 149

children attended YMCA Camp Kanannaq in our new Luna program for ages 5-6 years.



"My child always has a blast and would love to go all summer. She learns so much, like kayaking!"  
- Camp Kanannaq Parent



"YMCA Camp Kanannaq is the best camp in Prince George."  
- Camp Kanannaq Parent



"Camp provides a diverse learning experience."  
- Aurora Leadership Parent



# Roman's Story

YMCA Camp Counselor Madyson, spent her summer learning to communicate with a young camper with autism spectrum disorder, Roman, "through a handshake we created and singing the Moose Song we had learned! Throughout the first week, **he became more confident** and progressed from watching activities to participating. It was very touching to see how the other campers interacted with Roman as they **continuously encouraged and invited him to join activities**.

Roman was particularly fond of waterfront activities. One of my favourite memories was when we had a kayak on the beach and Roman sat in it and sang the Moose Song. We took him kayaking and I will never forget how excited and happy he was."

**Roman ventured into more activities and was incredibly more confident in the end.**

Madyson was pleased to see Roman return the next week, "with the greatest smile ever!" Roman ventured into more activities during his second week and was incredibly more confident by the end.

Madyson felt changed by her time with Roman. "This was my first summer as a counselor and I never expected it to be as rewarding as it was. **The amount of patience and kindness that Roman brought the entire camp made me realize just how special my job was.** Helping Roman conquer obstacles and experiencing all of the frustrations and joy that came along with it **is a privilege that I will forever be grateful for.** He taught me that there is often joy and fun in the little things if you are willing to be patient and kind."

# Volunteer of the Year



## Bruce Siddall

Bruce Siddall has volunteered with our Association since 2013. Starting as a long-time member, fitness enthusiast, and supporter, Bruce first began volunteering as a fitness instructor. Bruce teaches a variety of classes from Cycle Fit to Gravity. As an instructor, Bruce is warm, friendly, encouraging, and knowledgeable. His classes ensure that people of all fitness levels enjoy a good sweat and leave with a smile on their face, wanting to come back for more.

In 2014, Bruce joined our Board of Directors where he continues to give selflessly to support the success and growth of the Association. He serves on our Philanthropy Committee where he has been instrumental in the success of our Friends of the Y event and growing stewardship of our donors.

Bruce is a true embodiment of the YMCA Core Values of honesty, caring, respect, responsibility, and inclusivity wherever he goes. He genuinely shares the mission work of the YMCA with everyone he encounters which has opened doors and created meaningful relationships. He continues to serve in any capacity - big or small - whether that is flipping pancakes for YMCA Strong Kids, stewarding donors, or helping us promote healthy living through an engaging fitness class. We are so grateful for all that Bruce has given to the YMCA and want to thank him for being truly exceptional!

# Volunteer Award Recipients



Youth Volunteer  
Josh Delorme



Membership Volunteer  
Zach Watson



Fitness Volunteer  
Carla Quinn



Community Health Volunteer  
Colin Blair



Child Care Volunteer  
Ben Panter



Recreation Volunteer  
Carla Evans



Fundraising Volunteer  
Tab Baker



Spirit Volunteer  
Sandra Cardenas

# Vanderhoof Aquatic Centre

The Vanderhoof Aquatic Centre, owned by the District of Vanderhoof and operated by the YMCA of Northern BC, officially opened at the end of January 2019. The facility was several years in the making, led by the District of Vanderhoof and involving community groups, numerous fundraising efforts, and corporate and government contributions to develop and construct the facility.

**The facility has created a new community gathering space for individuals and families to learn, grow, connect, and be active.**

The first seven months of operation saw more than 30,000 visits to the facility! This is a new aquatic facility in a community that has not had access to a local indoor swimming and aquatics facility in the past. A significant amount of time and effort was invested on building capacity; including training lifeguards, aquafit instructors, and swim instructors. The facility has created a new community gathering space for individuals and families to learn, grow, connect, and be active.

The Vanderhoof Aquatic Centre is a profound example of what can be achieved with a clear vision, community support, and collaboration! We are thrilled to be a part of helping everyone in Vanderhoof live healthier and happier.





## 2018 Peace Medallion

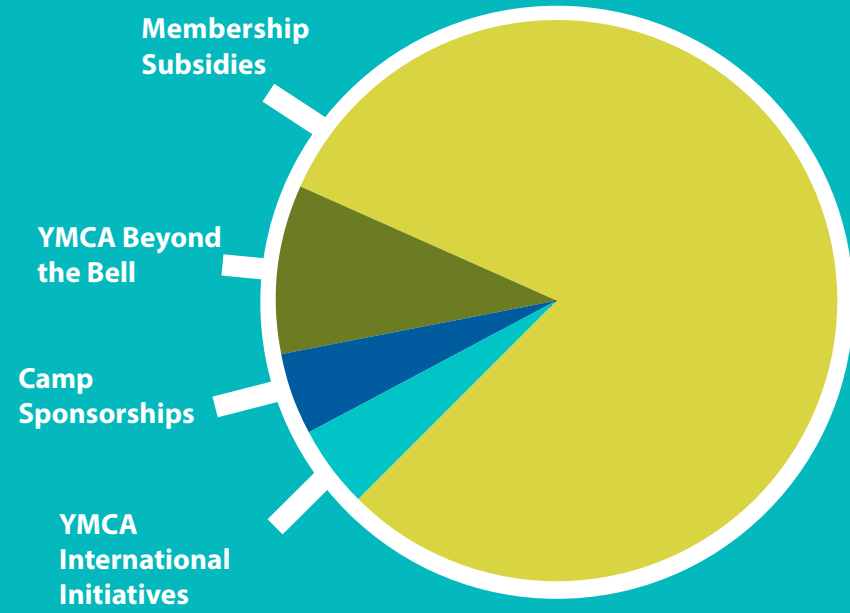
In November 2018, the Youth Advisory Council awarded the YMCA Peace Medallion. This award recognizes an individual or group's commitment to participation, empathy, advocacy, community, and empowerment. **We were privileged to award the Peace Medallion to Jillian Hooper.** A social work student at UNBC, Jillian is a local mental health advocate who serves the community of Prince George personally and professionally. **She shares her positive outlook in her work at Foundry, Youth Around Prince, Simon Fraser Lodge, and the Family Healthy Living Program.** Her volunteer accolades include the PG Youth Action Team's Balancing Our Minds Mental Health Summit, BC Children's Hospital's Stop Wondering, Start Knowing campaign, and several 'table talks' and presentations sharing her mental health journey with children and families in our community. We are honoured to have Jillian as part of our YMCA team and to award her with this distinction.

### FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC  
Financial Statement: Year end August 31<sup>st</sup>, 2019

	2019	2018	2017
Operations			
Revenue	9,220,265	6,947,340	6,090,011
Expenses	9,207,329	6,941,154	6,013,275
Net	12,936	6,186	76,736
Capital Investment	205,474	121,892	589,931
Balance Sheet			
Current Assets	2,378,363	1,549,521	1,432,135
Capital Assets	2,680,903	2,745,984	2,895,747
Total Assets	5,059,266	4,295,505	4,327,882
Current Liabilities	1,976,709	1,134,105	1,083,772
Long Term Debt	905,846	991,449	1,074,462
Net Assets	2,176,711	2,169,951	2,169,648
Total Liabilities	5,059,266	4,295,505	4,327,882

*2019 Financial Highlights were extracted from Annual Report Statements audited by DMC Chartered Professional Accountants Inc. A copy is available upon request.*



**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 of Children and Family Development • Ministry of Social Development and Poverty Reduction • Northern Health • Prince George Cougars • Prince George Division of Family Practice • Prince George Native Friendship Centre • Province of British Columbia • RBC Foundation • Robert L. Conconi Foundation • School District 57 • Simon Fraser Lodge • St. Paul's Foundation • Success By Six • The Prince George Citizen • United Way of Northern BC • 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 make a significant impact and help build a stronger, healthier community.

- Our **YMCA Strong Kids Campaign** raised **\$40,695**, supporting 163 children and youth.
- **40 low-income children at YMCA Beyond the Bell** received **academic supports** required to keep pace with their peers.
- **83 local children** found their confidence, built resilience, and **become leaders at camp.**
- **1,537 young people** in Ethiopia received education on HIV prevention.
- **11,000 individuals** were able to **live healthier lives** through subsidized monthly memberships.
- We raised **\$12,000** at our **annual YMCA MEGATHON fundraiser.**
- **5,200 community members** attended our annual YMCA Healthy Kids Day in Prince George.
- **1 in 4 campers** received financial assistance from our YMCA Strong Kids Campaign.





# GIVE. JOIN. VOLUNTEER.

YMCA of Northern BC | Fort St. John ●  
1 Child Care Centre

● YMCA of Northern BC | Chetwynd  
1 Child Care Centre

● YMCA of Northern BC | Fort St. James  
1 Child Care Centre

YMCA of Northern BC | Vanderhoof  
1 Child Care Centre  
1 Aquatic Centre  
1 Recreation Centre

● YMCA of Northern BC | Prince George  
9 Child Care Centres  
1 Health, Fitness & Recreation Centre  
1 Youth Health Centre  
1 Child Care Resource and Referral Centre  
1 Youth Resource Centre  
1 Complex Care Recreation Centre

YMCA of Northern BC | Camp Kanannaq  
1 Camp



Registration number:  
119307197-RR0001

## YMCA of Northern BC

### Chetwynd

4916 52nd SW • Chetwynd  
250 788 2400

### Fort St. John

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

### Prince George

2020 Massey Drive • Prince George  
250 562 9341

### Fort St. James

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

### Vanderhoof

186 Columbia Street E • Vanderhoof  
250 567 4524

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