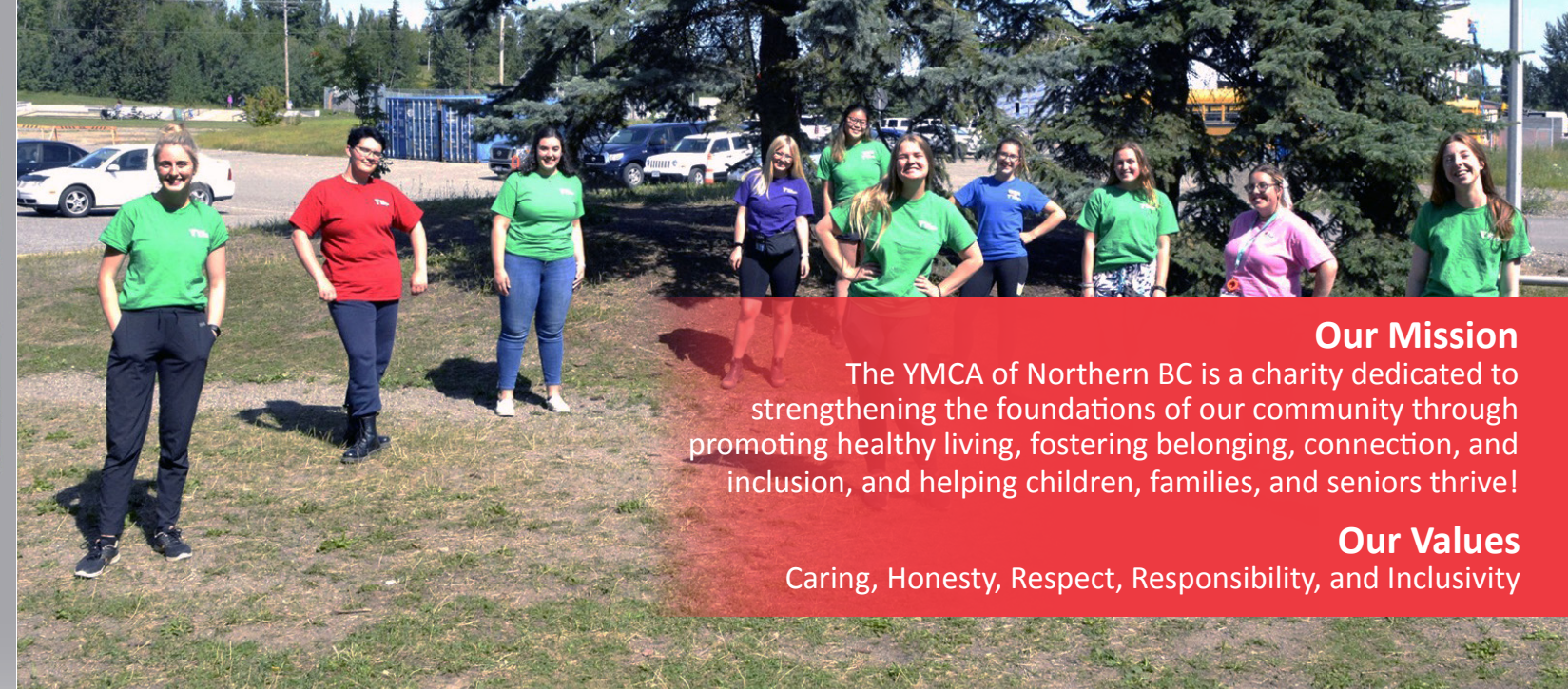




# **BUILDING HEALTHY COMMUNITIES**

**2019-2020 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, and Inclusivity

# A Message from our CEO

## Building Resilience, Support, and Connection Across Northern BC

In 2020, across our communities and around the world, we have experienced unprecedented challenges due to the worldwide pandemic. COVID-19 changed the ways in which we are able to socially connect, placed us all at risk of the virus, and challenged our mental well-being. During this time, the Y worked hard to adapt to meet the pandemic challenges in order to continue our mission's work of building healthy communities.

The YMCA is familiar with resilience and responding to emerging needs. Whether it was supporting soldiers returning from war, supporting workers who were helping build the Canadian Pacific Railway, or housing new immigrants, the Y knows the value of adapting to meet new needs.

Over the past year, responding to the global crisis locally in northern BC, we were able to do the following:

- **Provide child care for essential service workers such as teachers and healthcare workers,**
- **Offer an array of online resources to help the community thrive while at home,**
- **Actively reach out to both young and old; at-risk youth and**

**vulnerable seniors, to ensure those in isolation feel connected and have the supports they need,**

- **When possible, to provide community members a place to come and be active and connected, all within the context of current public health and safety guidelines,**
- **Develop solutions to support the community in their physical, emotional, and social health,**
- **Adapt our programs to offer virtual tutoring to support at-risk children, provide virtual family playtime activities, support youth in getting employment, and provide mental health support to youth and their families.**

We are still amidst some very challenging times but there is **hope on the horizon, and you can count on the Y to be there for you.** We are **dedicated to creating community impact by helping children, seniors, and families thrive; promoting healthy living, while fostering belonging, connection, and inclusion.** We will continue to work on this mission, as now, **more than ever, we need to support our communities** in northern BC to be vibrant and healthy so that children, families, and seniors can belong, grow, and thrive.

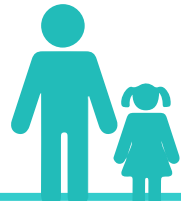


## Youth Advisory Council

The YMCA of Northern BC's Youth Advisory Council (YAC) is made up of staff, ages 15-30, from all levels of management and regions. **Our goals include leadership and skill development opportunities to young staff, increasing engagement and understanding of governance, bringing awareness to global and national initiatives, and creating a formal mechanism for communication and knowledge sharing.**

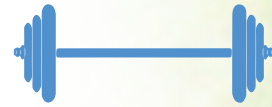
Over the past year, the Youth Advisory Council found new and innovative ways to support staff, build community, and create engagement. In the fall of 2019, we hosted a staff trivia night, which was well attended and a lot of fun! We sent four delegates to the YMCA of Greater Vancouver's Young Leaders Conference, which provided professional development opportunities. In the beginning of 2020, we moved our meetings to virtual platforms and continued to recruit new members throughout the COVID-19 pandemic. Additionally, we have wrote monthly articles for our staff newsletter, promoting fun and safe activity ideas during COVID-19. Aligning with our goal to support young staff and connect them with opportunities, we put forward a staff member to receive the Ted Rogers Scholarship: a national award, worth \$2,500 (and renewable for up to 4 years), awarded to students who demonstrate exceptional community leadership and volunteerism. A highlight for the whole council was awarding the scholarship to Madisyn Mackinlay, from the Vanderhoof Aquatic Centre!

# Impact Snapshot



We cared for 2240 children in our child care centres.

Members of the community accessed health, fitness, and recreation services 171,891 times.



We launched YCAN and sent 4 local youth to Toronto for the annual YCAN youth conference.

YMCA Camp Kanannaq adapted programming to deliver services to 314 campers amidst pandemic restrictions.



We employed over 265 YMCA employees.

We received support from more than 192 YMCA volunteers.



We opened the YMCA Chetwynd Care and Learning Centre, expanding the reach of quality child care services in the north.



# Creating Community Impact 184

## Simon Fraser Lodge residents stayed active, connected, and safe during the pandemic.

The YMCA is **dedicated to strengthening the foundations of our community**. While many programs continued in-person services with safety protocols in place, many other Community Health programs turned to virtual options to **ensure those in isolation feel connected and have the supports they need**.

**552**

youth and 38 family members accessed services at Foundry, for a total of 7,233 visits.

**5**

families participated in the Generation Health program, learning how to eat healthier and become more physically active together.

**44**

seniors successfully completed Choose to Move, learning new ways to live a healthy active life.

**57**

participants successfully completed Y Mind programs, so they can better cope with stress and anxiety.

**45**

young people took part in Youth Works Employment, which moved to a more individualized one-on-one support model.

**389**

at-risk youth received support at Youth Around Prince, for a total of 3,918 visits.



"Our course instructors genuinely cared about our wellbeing and helped foster a warm, welcoming environment in the group,"  
-Youth Program Participant



"Foundry is an amazing community resource with lots of opportunity to connect with our youth."  
- Online User



"The Y Mind program has helped me to deal with stress and anxiety in healthier ways."  
- Youth Mindfulness Participant



# Lucifen's Story

"Right now my name is Lucifen. My pronouns are they and them. I am part of a OSDD sytem, which is a trauma disorder like the one previously known as Multiple Personalities Disorder. When I moved out, it wasn't the way it happens for most people. I had to devise a plan to get out of my house because I was in a very controlling situation. Then, I stayed with an aunt nearby for awhile, and was intending to pay rent there, but I am the opposite of funtional, so that didn't pan out. Then I ended up on the streets for a bit."

**"Foundry was sort of like the building block of the foundation."**

"Moving to Prince George required a lot of adjusting. I'd lived here beforehand when I was staying with mom in the last part of her life. So I had to adjust to things being both new and familiar.

A journey of self-discovery takes place through the whole life. But for us, the beginning of that journey was being able to find resources to start making progress on learning about our mental health. There were a few resources that were helpful. The first one was Foundry; that was sort of like the building block of the foundation. Then after that, there was YAP.

There are two things I would like to say to youth in a similar situation. The first is to find a solid foundation. If that means finding a clinic or mental health help, then that's a good start. The second step is looking after your self-care needs as a person and finding what your weaknesses are to learn how to make that better."

# Adapting to Meet New Needs

# 2,240

children were cared for in our child care communities: Chetwynd, 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.** Our centres adapted to the needs of our communities when the pandemic shut down many other essential services to **provide emergency child care to essential service workers.**

## 149

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

## 1409

children took part in YMCA Licensed Summer Club programs.

## 1313

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

## 64

free virtual circle times & programs were hosted by CCRR to support all parents, families, and caregivers.

## 42

workshops and trainings were held by our dedicated YMCA staff.



"All staff are positive, kind, and connected to the children."  
- 3-5 Year Group Care Parent



"My daughter has a wonderful time and has made lots of friends."  
- After School Care Parent



"My children are so excited to go to the YMCA each morning."  
- Infant and Toddler Care Parent



# Becky's Story

"Spring Break of 2020 was a **worrisome time for myself**, left wondering what to do for child care in a pandemic. Provincial out-of-class instruction had been announced, and as an employee in the health care field, knew I would have to return shortly to our essential employment in our small community. Information was coming fast and school districts weren't yet prepared to provide child care, and **child care options were evaporating quickly** as friends and family had to close their contact circles.

After explaining our situation to the local YMCA, the team **worked quickly to adjust their license and facility space to accommodate these school-aged, essential healthcare workers' children.**"

**"Within a matter of days, we had safe, reliable, and happy child care spaces."**

"The YMCA staff went **above and beyond to try and fill the emotional and educational gaps our kids were now facing.** Two of my children have unique needs, which on top of all the sudden changes, should have presented additional challenges, but these were taken in stride and staff met their needs wonderfully.

I am **forever grateful for those who stepped up, leaned in, and made a difference** when the stakes were high. Thank you to all the essential YMCA staff who make a difference in children's lives when they need it the most."

# A Place to be Active and Connected 1 in 5

children and families receive financial assistance to participate in YMCA memberships and programs.

We believe that health is a right, not a privilege. Our goal is to make health accessible by eliminating financial barriers. When forced to close our facilities' doors due to a global pandemic, we expanded on this goal to ensure the community had virtual access to health and fitness resources, to support them while isolated at home.

372

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

115

children took part in swim lessons at the Vanderhoof Aquatic Centre.

215

community bookings were made at the Integris Community Centre.

41

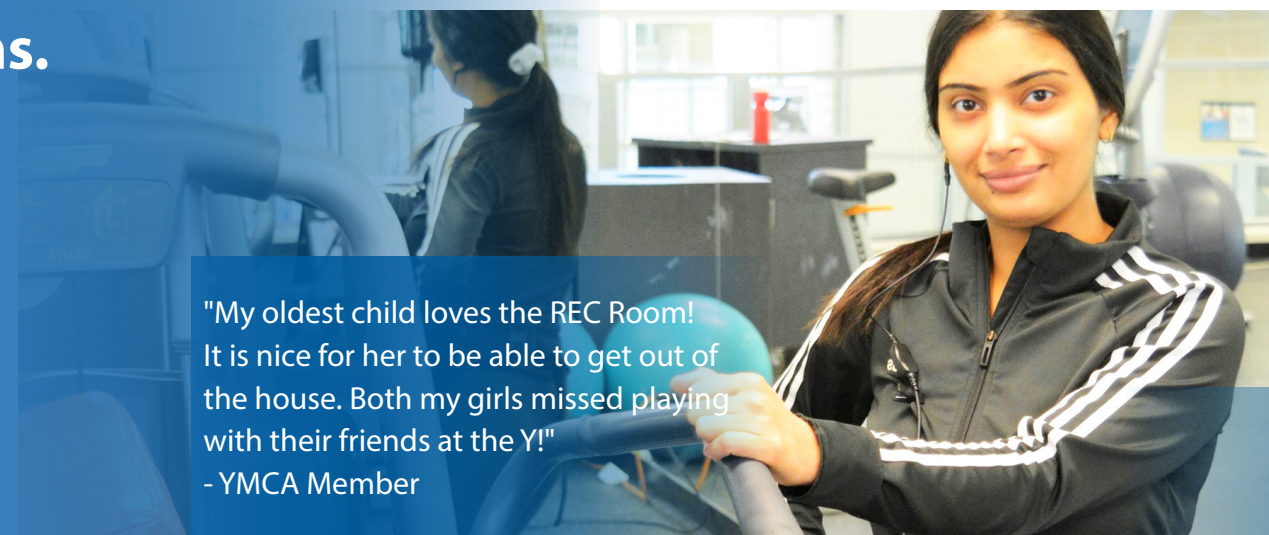
community members took part in the Cardiac and Pulmonary Rehabilitation Program.

84

different group fitness programs were taught at the Prince George Family Y.



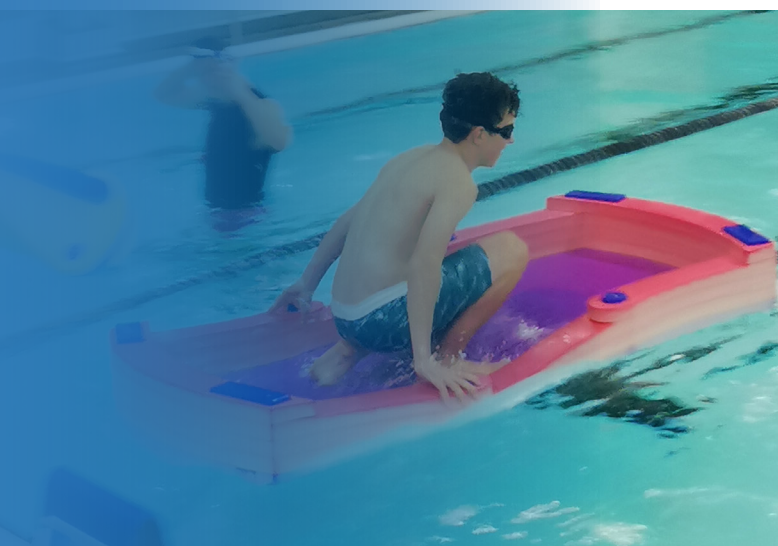
"Great pool and great staff. Love having this available to us!"  
- Vanderhoof Aquatic Centre Participant



"My oldest child loves the REC Room! It is nice for her to be able to get out of the house. Both my girls missed playing with their friends at the Y!"  
- YMCA Member



"I was so glad when they re-opened! And they've done it well... I'm just thankful we're back to business!"  
- Senior Fit Participant







# Doug's Story

"Doug was on the waitlist for a lung transplant when he rejoined the Pulmonary Rehab Program in October. He had stopped exercising after his participation in 2016, as there was no subsequent maintenance program at the time. After 20 sessions, Doug saw a **significant improvement** in all of his outcome measures and he was **happy to merge into the maintenance program** to continue his work.

Our goal for heart and lung health is 150 minutes of aerobic activity per week, in at least 10-minute bouts. Doug successfully completed ten 3-minute intervals per session, but was hesitant to increase time as he was short of breath. With **encouragement from staff**, he made it to three and a half minutes, **giving him confidence**. After a few days he was able to complete four minutes of exercise. Within the next few weeks, Doug was on the treadmill for five intervals of 10-minutes! This huge success was **something he had been unable to do for years.**"

**"If not for this program, Doug would not be at the level of fitness he is today."**

"Next, Doug started incorporating resistance training into his program and **is now able to snow-blow his driveway**, something he has not done since 2016. He went out to get the snow blower ready for his wife and ended up continuing until it was complete.

During a recent follow-up with his doctor, he was **removed from the transplant list** because of his improvements!"

# Hope on the Horizon 150

community members made donations so everyone  
can access YMCA memberships and programs.

Our **YMCA Strong Kids Campaign** helps to provide children and families in our community access to invaluable programs and services **regardless of their income**. When faced with the impact of a global pandemic, we knew that people would **need our services more than ever**, so we found ways to continue to deliver to those who need it most, with the support of our community partners.

## \$127,618

in subsidy was provided to community members accessing our health, fitness, and aquatics facilities.

## 40

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

## 192

volunteers dedicated their time to help deliver our mission to the community.

## 100%

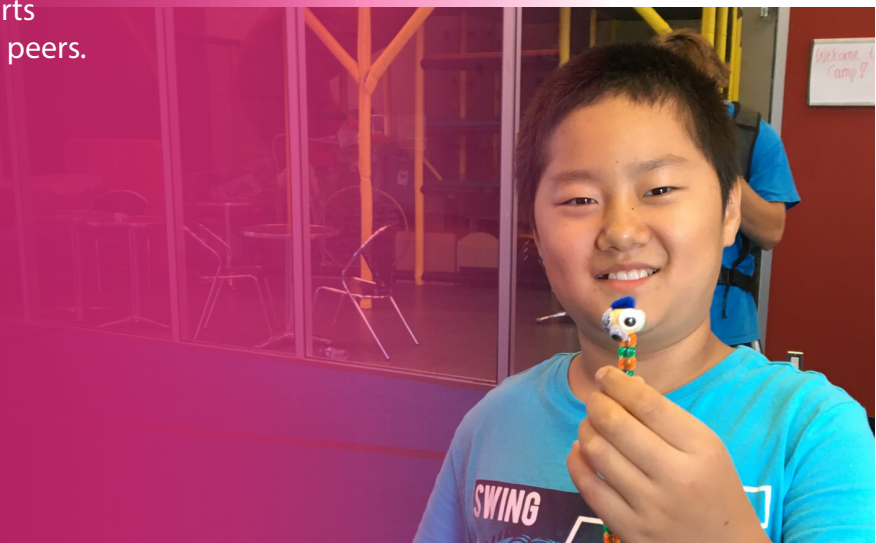
of children in YMCA Beyond the Bell improved in reading, writing, and math.



"He talks a lot more now, he gets out more, he reads more, and his homework is done!"  
- YMCA Beyond the Bell Parent



"The leaders that run this program are so positive and fun with the children. They are amazing role models." - YMCA Beyond the Bell Parent



"My son has special needs. The staff were all so nice and friendly, and made my son feel like a part of camp."  
- Campership Recipient



# Kiera's Story

"I work full time in a sales position, and sometimes it requires longer hours than my family would prefer. As such, I don't always have the time to help with studying or taking my family skating, swimming, or the other multitude of fun things that every kid so very richly deserves. That is a very hard pill to swallow as a parent, when quite obviously you always want to give your children the world.

My youngest daughter Kiera is a firecracker in every sense of the word! She is a very friendly and social little girl. She loves being active and helping others, and has energy that just won't quit. Through her time at Beyond the Bell **we have seen a marked improvement in her grades.** They are able to provide reinforcements with spelling, math, science, and any other subjects she may need a little extra help with. **We have also seen a huge improvement in her ability to positively solve conflicts that arise and to even help teach others about empathy and kindness."**

**"This program is so very important for allowing our children to develop."**

"She has had an absolutely fantastic time getting to go on field trips, learning to skate and swim, and on the snow sledding days.

This program is so very important for **allowing our children to develop their individual personalities and their strengths,** and also to work on things that they may need a little more help with, without judgment. **They have a safe space to be themselves** as they figure out the puzzles of life."

# Fostering Belonging, Connection, and Inclusion

# 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.** That is why we worked so hard to make camp a reality in spite of the need for so many changes during the COVID-19 pandemic; Because through it all, children and youth **build resilience to help them face new challenges.**

## 78

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

## 9

youth took part in the YMCA Borealis Counselor-in-Training program.

## 314

children and youth took part in YMCA camp programs.

## 37

children and youth with special needs were able to build their confidence and resilience at YMCA Camp Kanannaq through funding from the BC Ministry of Children and Family Development.



"My children were so excited every day and had so much fun this summer."  
- YMCA Camp Kanannaq Parent



"Thank you for making camp happen this summer."  
-YMCA Camp Kanannaq Parent



"The staff are so wonderful, kind, and make sure to create an inclusive environment."  
-YMCA Camp Kanannaq Parent



# Rhys' Story

"Rhys was a **ray of sunshine** at camp! He made all his fellow campers and the other camp staff so happy when they were in his presence. At the beginning of each day at morning campfire, he would always be the first person standing when we got ready to dance and sing the YMCA Camp Kanannaq song. Rhys and I never quite got the dance moves or words right, but his **energy and smiles were the biggest in the room.**

One of Rhys' favourite activities was archery. **He loved the feeling when he hit the target.** The excitement in his face when he got to hold the bow and pull back the string was pure enjoyment. We would stand close by to help support the bow, and Rhys, with a super concentrated face, would close one eye to aim and release the arrow only to watch with intent where it would land. **Sometimes he got discouraged when it hit the ground; however, it made him more determined to hit it the next time."**

**"We could see his confidence and excitement grow each time we took on archery. "**

"He never let anything damper his spirits and **always had fun** with every any activity we did!"

# Volunteer of the Year



## Suzanne Minck

Suzanne volunteered with our association for many years. She is truly an amazing instructor and individual.

In her time at our YMCA, Suzanne formed meaningful relationships with her participants. She is known to attend group dinners, coffee dates, and pub nights with other YMCA members. She has an easy way about her that makes people want to come back for more. Suzanne's classes are good for the body, as well as the brain by keeping each and every class interesting, creative, and functional. She is motivating, funny, reliable, and she rarely missed a class.

2020 was an exceptional year in multiple ways and Suzanne will be missed by many as she retires from instructing. We are thankful for all Suzanne's time and talent over the years and wish her the best in her future endeavours. It is volunteers like Suzanne that make the Y so exceptional.

# Volunteer Award Recipients



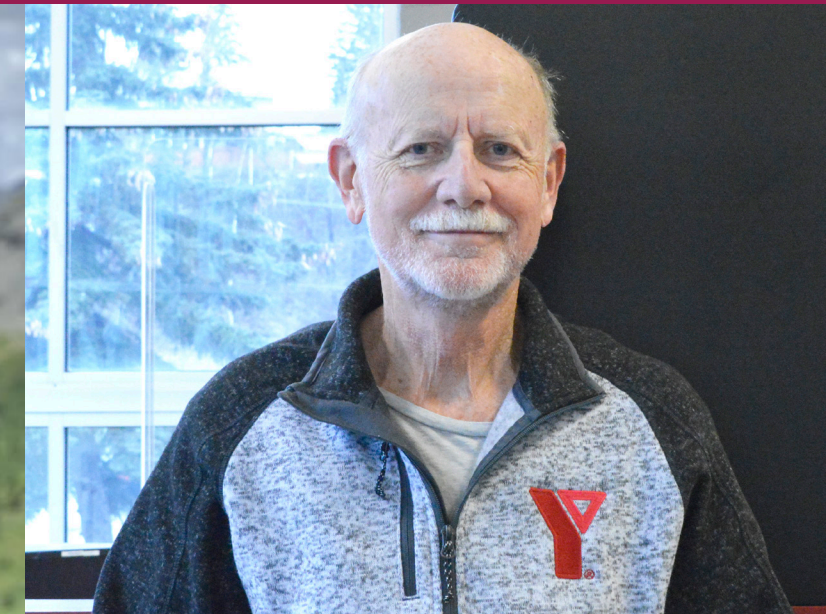
Youth Volunteer  
Aidan Hartford



Fitness Volunteer  
Cynthia Brannigan



Fundraising Volunteer  
Sara Hoehn



Spirit Volunteer  
Pat Flack



# YMCA Chetwynd Care and Learning Centre Grand Opening

On November 14th 2019, we celebrated our grand opening and expansion to the community of Chetwynd at our YMCA Chetwynd Care and Learning Centre. It took the community of Chetwynd, fundraising efforts from the Parent Advisory Council, and YMCA contributions to transform the building into a YMCA Child Care Centre.

**The YMCA Chetwynd Care and Learning Centre has created a welcoming and inclusive space where children can learn, grow, connect, and thrive.**

“Having our child attend the YMCA Chetwynd Care and Learning Centre has been a wonderful opportunity for our entire family. Our **shy child has found a second home where he is embraced** for his unique qualities and supported to grow and learn at his own pace. **He has shared a connection with many of the educators.**”

We think it says a lot that **he looks forward to his days at the centre** and asks to be the last kid picked up each day. As parents, we’ve enjoyed the **peace of mind knowing that he is being consistently well cared for.** Over the past year and a half, we have enjoyed no disruption to child care services which is something rare in our community; even during the early days of the pandemic, the YMCA was the only organization providing child care to essential service workers. We can’t say enough good things. Thank you.”





## 2019 Peace Medallion

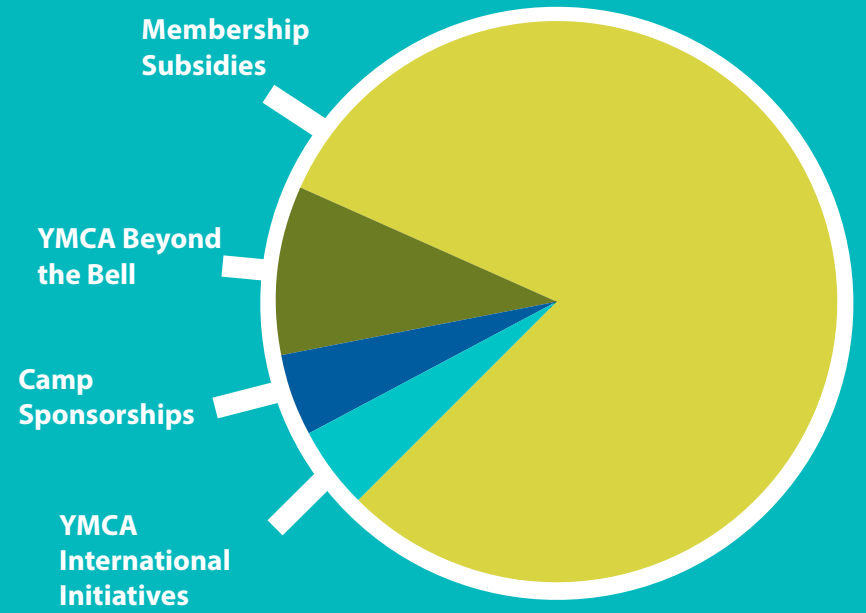
In November 2019, the Youth Advisory Council awarded the YMCA Peace Medallion. This award recognizes an individual or group's commitment to participation, empathy, advocacy, community, and empowerment. **We were privileged to award the Peace Medallion to Zandra Ross.** Zandra is committed to seeing people in Prince George live their best life. She has devoted her practice to helping people achieve their personal, professional, and health goals. **She lends her voice to advocacy for women, young people, and indigenous populations in our community.** She has supported the YMCA in fundraisers and professional development- helping us to grow stronger as a team to effectively reach our association goals.

## FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC  
Financial Statement: Year end August 31<sup>st</sup>, 2020

	2020	2019	2018
<b>Operations</b>			
Revenue	9,146,363	9,220,265	6,947,340
Expenses	8,932,991	9,207,329	6,941,154
Net Operations	213,372	12,936	6,186
Capital Investment	544,026	205,474	121,892
<b>Balance Sheet</b>			
Current Assets	2,249,087	2,378,363	1,549,521
Capital Assets	2,717,644	2,680,903	2,745,984
Total Assets	4,966,731	5,059,266	4,295,505
Current Liabilities	1,729,226	1,976,709	1,134,105
Long Term Debt	846,756	905,846	991,449
Net Assets	2,390,749	2,176,711	2,169,951
Total Liabilities	4,966,731	5,059,266	4,295,505

2020 Financial Highlights were extracted from Annual Report Statements audited by DMC Chartered Professional Accountants Inc. A copy is available upon request.



### COMMUNITY PARTNERS \$5000+

BC Employer Training Grant • Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • Chetwynd Communications Society • City of Prince George • District of Vanderhoof • Enbridge • 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 Advanced Education and Skills Training • Ministry of Children and Family Development • Ministry of Social Development and Poverty Reduction • New Horizons for Seniors Program • Northern Health • Prince George Community Foundation • Prince George Division of Family Practice • Prince George Native Friendship Centre • Province of British Columbia • School District 57 • Simon Fraser Lodge • St. Paul's Foundation • The Prince George Citizen • United Way of Northern BC • Vancouver Foundation • 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 **\$59,555** to support local families.
- **40 low-income children at YMCA Beyond the Bell** received **academic supports** required to keep pace with their peers.
- **\$12,325** supported educating **young people** in Ethiopia on HIV prevention.
- **630 individuals** on average were able to **live healthier lives** each month through subsidized memberships.
- We raised over **\$10,000** at our **annual YMCA MEGATHON fundraiser**.
- **\$5,295 in camperships** were provided to families that applied for subsidy, so **local children** could **become leaders at camp**.

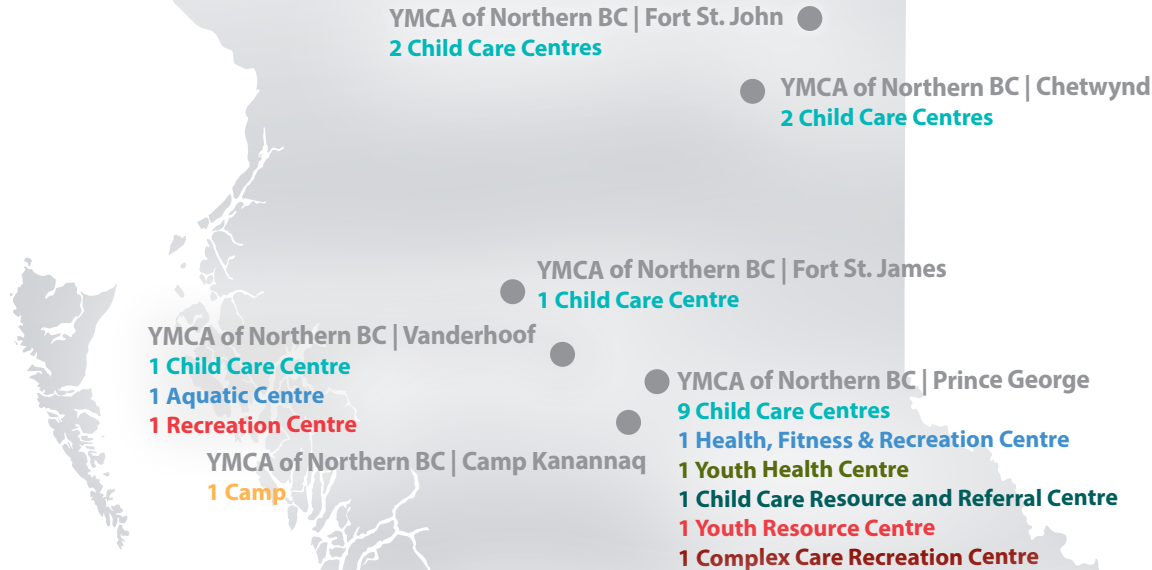




**GIVE. JOIN.  
VOLUNTEER.**



Registration number:  
119307197-RR0001



# YMCA of Northern BC

We acknowledge, with much gratitude, that our work takes place on land **steeped in rich Indigenous history** and the **unceded traditional territories** of the **Lheidli T'enneh First Nations, Saik'uz First Nations, Nak'azdli Whut'en First Nations, and Saulneau First Nations**. We recognize and respect Indigenous People as **traditional stewards of this land** and the **enduring relationship that exists** between Indigenous Peoples and their traditional territories.

## 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

[nbc.ymca.ca](http://nbc.ymca.ca)