



BUILDING HEALTHY COMMUNITIES

2021-2022 Community Impact Report



A Message from our CEO

The YMCA of Northern BC is a charity dedicated to strengthening the foundations of community. We fulfill our mission through promoting healthy living, and helping children, families, and seniors thrive while fostering belonging, connection, and inclusion. In all that we do, we strive to make the communities that we serve a better place.

In February of 2022, across the globe, the exact opposite of community-building occurred. The world was in shock when Russia invaded the Ukraine. Countless stories of injustice and terror led us to ask the question, 'How can we support the Ukrainian refugees who had fled to Northern BC for safety?' In this report, you will read about families receiving child care so that they

could gain employment and have a means for income; families gaining access to our gym facilities to give them a place to get active, make social connections, and provide some relief to the many stressors that refugees experience; as well as the camps we provided so that children could attend camp, make new friends, be kids, and explore the great Canadian outdoors.

You will also read about our commitment to meet community needs. In fall 2021, we added two new innovative programs for youth—Alternative Suspension, a restorative option to traditional school suspension for youth to get homework and social

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service support while out of school and Foundry Work and Education Program, a youth employment program that provides intensive services to youth who are challenged by major barriers to employment. In Child Care, we opened YMCA Park House Care and Learning Centre, responding to a long-standing need to have quality, affordable child care in downtown Prince George. We were also successful in our application to the government to have our Vanderhoof, Chetwynd, Fort St. John, and Prince George child care locations become \$10-a-Day ChildCareBC Centres, ensuring that parents and guardians pay no more than \$200 per month in child care fees. While our Health, Fitness and Aquatics team was challenged in December 2021 with one more closure due to a Public Health Order, since then we have been moving forward with increasing

membership and most importantly, the connection and belonging that we have all been craving.

While we were doing all of this important community development work, we also worked towards unification with the YMCA/YWCA of Kamloops and the YMCA of Greater Vancouver! Approved by our voting members at our AGM in May of 2021, our YMCAs are now 'stronger together' as YMCA BC. Collectively, we have greater administrative systems to enable our response to local needs to be even more robust. Very importantly, together, we are better positioned to respond to community needs across our province. Stay tuned to next year's report—I can't wait for you to hear all about the important community impact that we achieve together as YMCA BC.

Impact Snapshot



We cared for 3,313 children in our child care centres.

2,850 community members accessed health, fitness, and aquatic services through YMCA memberships.



Foundry Prince George acquired new partners, including FamilySmart, increasing support for parents and caregivers.

YMCA Camp Kanannaq returned to Nadsilnich (West) Lake to deliver services to 587 campers.



We employed 511 individuals.

We received support from more than 135 YMCA volunteers.



We expanded our youth services with new programs like Alternative Suspension and Foundry Work and Education Program.



Strengthening the foundations of community

815 new youth and 120 family members accessed services at Foundry, for a total of 7,002 visits.

Our community support services continue to grow. So far, **86 youth** have been able to turn their school suspension into a positive experience, promoting personal growth and academic success in Alternative Suspension. Additionally 27 young people have been supported to **overcome barriers to success** in the workforce with Foundry Work and Education Program. Foundry has also increased services through partners like FamilySmart, offering support for parents and caregivers of youth accessing services, and Qmunity, offering **accessible and low-cost gender affirming care**.

180

Simon Fraser Lodge residents stayed active, connected, and safe with YMCA recreation programming.

44

youth engaged in community service projects through YMCA Community Action Network group sessions.

43

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

28

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

88

young people took part in youth employment programs.

500

at-risk youth received support at Youth Around Prince.



"I'm proud of the difference we made in the community and it felt good to support and help a local shelter." - YCAN Participant



"I really appreciate the helpful resources, friendly faces and good vibes present at YAP. It's really been a wonderful place to learn the life skills I needed." - Youth Around Prince Participant



"At the program I learned that there are people that care about me even though they don't know me." - Alternative Suspension Participant

Helping children, families, and seniors thrive

3,133

children were cared for in our communities: Chetwynd, Dawson Creek, Fort St. James, Fort St. John, Pouce Coupe, Prince George, Tumbler Ridge, and Vanderhoof.

We understand that affordable, quality child care is critical to community health. **Expansion of YMCA child care spaces** continues in the north, with the addition of eight new child care centres, including YMCA Park House Care and Learning Centre in downtown Prince George, as well as increased spaces at our existing locations. The YMCA of Northern BC was among the first to succeed in applying to have many of our centres become \$10-a-Day ChildCareBC Centres with the province.

495

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

294

new child care spaces were created at YMCA centres.

1,575

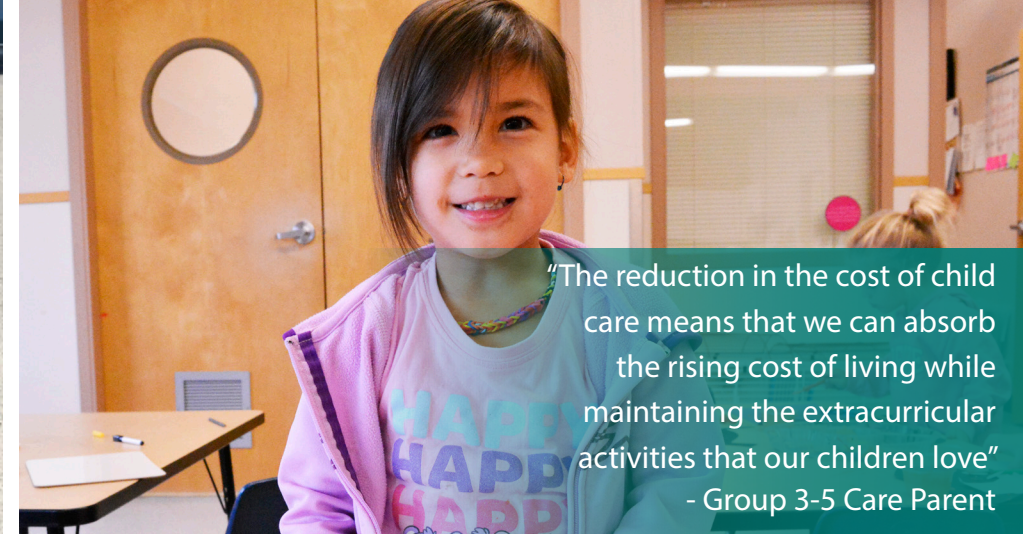
CCRR child care referrals were made for families seeking quality child care.

6

virtual programs were hosted by CCRR to support all parents, families, and caregivers.

33

CCRR workshops and trainings were held by our dedicated staff.



"The reduction in the cost of child care means that we can absorb the rising cost of living while maintaining the extracurricular activities that our children love"
- Group 3-5 Care Parent



"It's been a tough transition for me going back to work and the people that I'm leaving my kids with make it a million times easier."
- School Age Care Parent



"Thank you for the years of support to our beautiful smart girl and giving her the upper hand in all things important from the age of one until now."
- Infant & Toddler Care Parent

Promoting healthy living 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 health, fitness, and aquatics teams have persevered through public health restrictions, and are finding new ways to serve our community while recovering our membership numbers. We have increased operating hours and services, returned to a full group fitness schedule, expanded our health management programming, and created a new membership experience to accommodate refugees from the Ukraine.

31,113
visits were enjoyed at the Vanderhoof Aquatic Centre.

103
people benefited the Hip & Knee Program, with 54 participants staying on as Y members.

158
community members completed the Cardiac and Pulmonary Rehabilitation Program.

417
children took part in swim lessons at the Vanderhoof Aquatic Centre.

180
children, youth, and adults took part in Vanderhoof recreational programming.

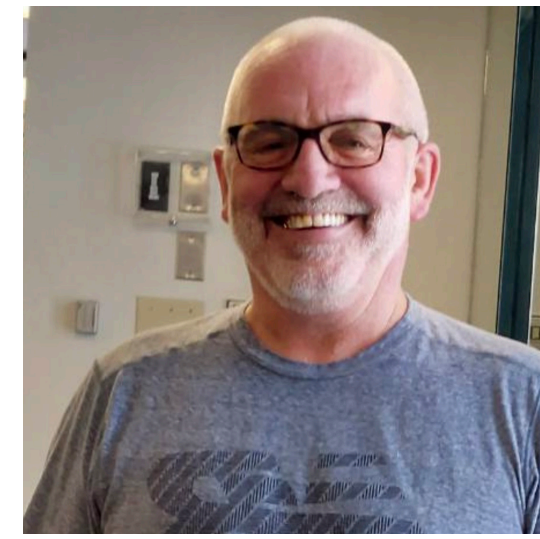
752
community members took part in Aquafit classes at the Vanderhoof Aquatic Centre.



"Swimming is great exercise and is easier on my knees and legs for rehabilitation and therapy from surgeries or when injured."
- Vanderhoof Aquatic Centre Member



"I've been a loyal member for 25+ years. It's like home to me."
- Prince George Family Y Member



"Being in the program lessened my length of hospital stay and helped reduce the pain post-operation."
- Hip & Knee Program Participant

Fostering belonging, connection, and inclusion

1 in 4

campers attend our summer camp programs with financial assistance from our YMCA CommUNITY Campaign.

We believe that connection to **nature is fundamental in helping children and youth thrive**. YMCA Camp Kanannaq was delighted to be able to return to our beloved Camp Hughes location at Nadsilnich (West) Lake this season to take part in traditional camp activities such as archery, campfire, canoeing, swimming, and making s'mores! In addition, the Aurora Leadership program brought 22 youth closer to nature through multi-day backcountry out-trips, so they could continue to grow as leaders. All of our camp programs were happy to welcome new friends from the Ukraine with open arms.

\$23,500

in subsidy was given to children to attend YMCA Camp Kanannaq through our YMCA CommUNITY Campaign.

30

youth took part in YMCA Borealis Counselor-in-Training and Aurora Leadership programs.

15

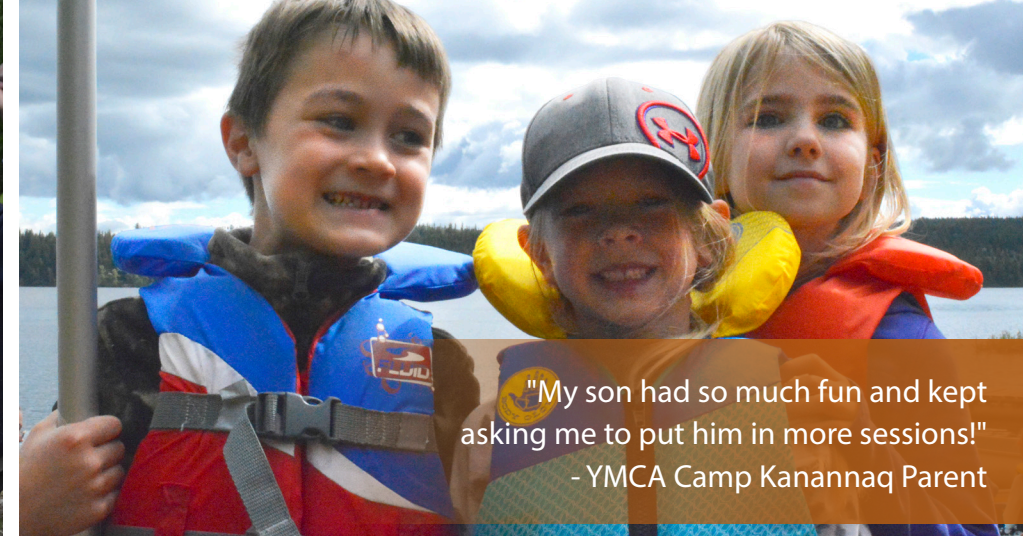
Ukrainian Refugees were given the opportunity to take part in YMCA camp programs.

587

children and youth took part in YMCA camp programs.

32

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 son had so much fun and kept asking me to put him in more sessions!"
- YMCA Camp Kanannaq Parent



"Camp really helped build my child's confidence."
-YMCA Camp Kanannaq Parent



"My child has special needs and it was awesome to see a camp that included him!"
-YMCA Camp Kanannaq Parent

Strengthening the foundations of community

\$101,365

was raised locally, so everyone can continue to access YMCA memberships and programs.

Our YMCA CommUNITY Campaign helps to provide **children and families** access to **much-needed programs and services**. Donor contributions allow us to support our most vulnerable community members and ensure **nobody is turned away due to inability to pay**. Equally important, the time and passion put in by our dedicated volunteers keeps our programs and events running for those who need them most. This year, we were thrilled to bring YMCA Healthy Kids Day back to the community thanks to the hard work and contributions of many local partners.

\$232,329

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

50

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

135

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

125

individuals gave donations to the CommUNITY Campaign so that children, families, and seniors in our community can thrive .



"I choose the YMCA because it's a charity, which makes me feel like I'm contributing to something bigger than just a gym membership."
- Prince George Family Y Member



"One of the most important parts of our job is teaching youth that they deserve respect, care, and access to services."
-YMCA Staff Member



Thank you for the most amazing experience for my children! Staff were so awesome at making them feel safe and included and gave them such a fun time."
- Campership Recipient

Together We Care

In February 2022, news outlets and social media channels were flooded with the horrific news that Russian forces were bombing not only Ukrainian military targets, but also civilian infrastructure. Hospitals, homes, schools, churches, water, and electrical systems had been destroyed. With countless dead or unaccounted for, and millions displaced and fleeing the Ukraine, thousands of refugees began to arrive in Canada, with few government supports in place.

Grassroots groups and compassionate individuals began to step forward trying to fill the gaps in the support systems. We wondered what we could do, as the YMCA of Northern BC, to meet the needs of newly arrived Ukrainians in our communities?

Due to the conscription requirements of the Ukrainian military, families were split and separated, and many newcomers from the Ukraine were women and children. With this in mind, we began to offer priority placement for Ukrainian children in our Child Care programs. This enabled women to seek employment and begin to support their families, while adjusting to life in a new country far from their spouses and support systems.

In addition, we offered subsidized Camp spaces to newly arrived children and youth—welcoming 15 Ukrainian refugee campers, including one participant in our Counselor-in-Training program. Our YMCA Camp Kanannaq staff went above and beyond to ensure they had a successful experience. For example, they created laminated picture cards, which included Ukrainian and English words, for each camp activity. Some staff even took it upon themselves to learn a few words of Ukrainian! Watching these campers make new friends, play games, sing and laugh was an emotional and inspiring experience for the whole team.

At the Prince George Family Y, the team created a membership package and experience specifically for Ukrainian newcomers. During 2022, we welcomed 25 new members from the Ukraine, with more refugees expected to arrive in 2023. The program has had such a favourable response; with these members





attending group fitness, using child minding and recreation services, and utilizing the fitness facility. One of our members explained how important these services are to her, as she is able to drop her daughter off at the Rec Room knowing she will be safe and cared for, and use the opportunity to spend quality time with her other child.

The Youth Advisory Council also joined in the efforts to support Ukrainians. In addition to a sticker fundraiser benefiting YMCA Ukraine, they also awarded this year's YMCA Peace Medallion to a community member dedicated to helping Ukrainian refugees in Prince George. Sherry Theuerkauf planned a solidarity walk for the community to come together in April 2022. This community group project would become Group HUGS (Helping Ukrainians Gathering

Strength), supporting newcomers to come together to meet, speak in their mother tongue, and help each other through the challenges of resettling.

Building relationships and engaging with the Ukrainian refugee community has been a humbling and immensely rewarding experience for all involved. Hearing the stories of loss, hardship and fear—but also fortitude, courage and perseverance—is a powerful reminder of the privilege we experience living in a peaceful country and our responsibility as a community-driven organization to respond to the needs around us. While the ongoing attacks and conflict perpetuated by Russia are abhorrent and Ukrainians continue to flee their country by the thousands; we will continue to open our doors, engage, listen, and respond as we are able.

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 CommUNITY Campaign** raised **\$101,365** to support local families.
- **\$11,610** supported educating **young people** in Ethiopia on HIV prevention.
- **746 individuals** were able to **live healthier lives** through subsidized memberships.
- We raised over **\$3,000** at our **annual YMCA MEGATHON fundraiser**.
- **\$23,500 in camperships** were provided, so **local children** could **become leaders at camp**.

FINANCIAL HIGHLIGHTS

Summary of YMCA of Northern BC

Financial Statement: September 1st 2021- December 31st, 2022

	2022	2021	2020
Operations			
Revenue	16,534,538	11,247,818	9,146,363
Expenses	16,302,218	10,533,021	8,932,991
Net Operations	232,320	714,797	213,372
Capital Investment	521,822	356,290	544,026
Balance Sheet			
Current Assets	3,590,129	3,224,537	2,249,087
Capital Assets	2,504,534	2,742,130	2,717,644
Total Assets	6,094,663	5,966,637	4,966,731
Current Liabilities	2,124,040	2,099,176	1,729,226
Long Term Debt	632,297	757,595	846,756
Net Assets	3,338,326	3,109,866	2,390,749
Total Liabilities	6,094,663	5,966,637	4,966,731

2022 Financial Highlights were extracted from Annual Report Statements audited by DMC Chartered Professional Accountants Inc. A copy is available upon request.

THANK YOU.

COMMUNITY PARTNERS \$5000+

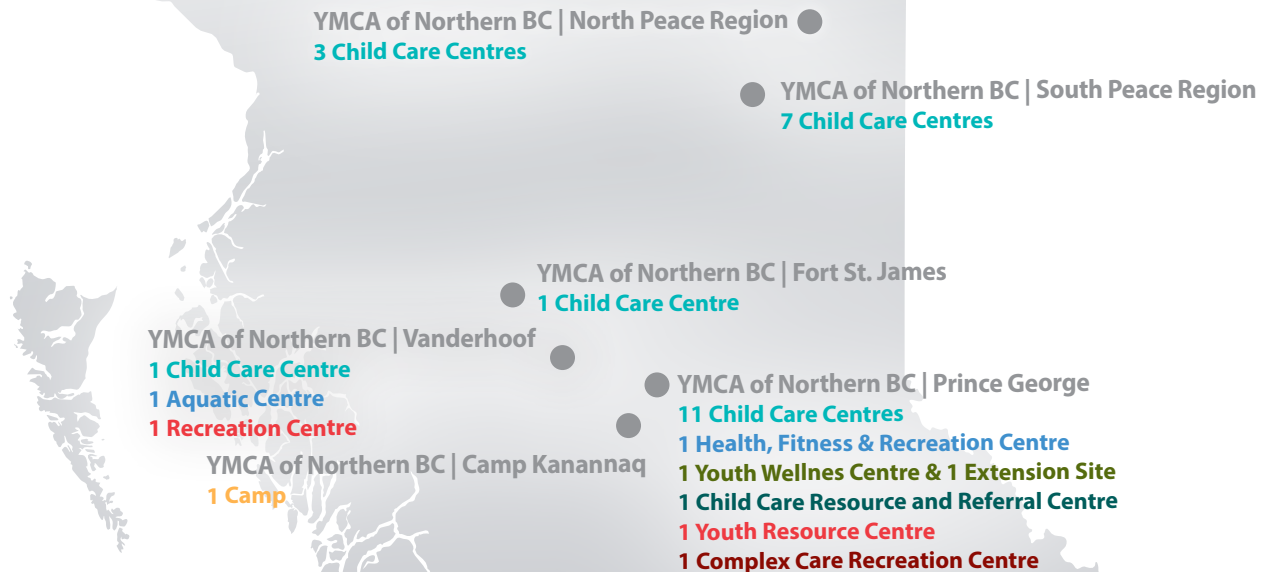
Brink Group of Companies • Camp Hughes • Canada Summer Jobs • Canadian Tire • Canadian Tire Jumpstart • Central West Foods Inc. • City of Prince George • Connexus • District of Vanderhoof • Enbridge • Foundry Central Office • Government of Canada • Immaculate Conception School • Integris Credit Union • Intersect Youth and Family Services • Jim Pattison Broadcast Group • Kal Tire • Ministry of Advanced Education and Skills Training • Ministry of Children and Family Development • Ministry of Education and Child Care • Ministry of Public Safety and Solicitor General • Ministry of Social Development and Poverty Reduction • Northern Health • Northern Lights College • Patrick Priestner • Prince George Aboriginal Employment • Prince George Community Foundation • Prince George Division of Family Practice • Prince George Ford • Prince George Native Friendship Centre • Prince George Pentecostal Church • Ryan Shiels Memorial Fund • School District 57 • School District 59 • School District 60 • Simon Fraser Lodge • Sinclair Group Forest Products • SMP RV • Spruce City Lions Club • Spruce Credit Union • Ted Rogers Foundation • Traxler Heines Barristers and Solicitor's • United Way of Northern BC • Vista Broadcast Group • Westcoast Childcare • YMCA Board of Directors • YMCA Canada • YMCA of Greater Toronto • YMCA of Greater Vancouver • YMCA Quebec •



**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 the **traditional territories of the Treaty 8 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.

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