



Shine On

2024

YMCA of Eastern Ontario

Annual Report

eo.ymca.ca

STATEMENT OF TRUTH & RECONCILIATION

We acknowledge that the work of the YMCA of Eastern Ontario takes place on the lands and waters of the Anishinaabe (Ah- nish-in-ah-bay), Haudenosaunee (Ho-den-o-show-nee), Algonquin and Huron-Wendat people. We are grateful to be able to live, learn and play on these lands.

To acknowledge this traditional territory is to acknowledge its significance for the Indigenous Peoples who live and gather here, and whose practices and spiritualities are tied to these lands and waters.

Let us also acknowledge the longer history of this territory – a history that predates the establishment of the earliest European colonies. And one that - since colonialism – has been imbued with systemic displacement and harms to First Nation, Metis, and Inuit Peoples. These atrocities caused continual intergenerational trauma that cannot be ignored.

We invite you to reflect on this acknowledgement and what you can do – in your own lives, and in the work you do with the YMCA to advance the promise of Truth and Reconciliation .

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Leading with Vision,

Igniting Potential

Dear Friends of the
YMCA of Eastern Ontario,

Reflecting on 2024, we look back on a year of exciting progress for the YMCA of Eastern Ontario. This progress took place in the face of extraordinary change, much of which is beyond our borders, but hits the heart of our communities – the people. Through this, the YMCA of Eastern Ontario remains steadfast in responding to continuing and emerging needs for people in our region with purpose, compassion, and a deep commitment to our mission. In 2024, the team made meaningful strides, guided by the values that define us: inclusiveness, caring, respect, responsibility, and honesty. These principles shape every decision we make and every program we deliver.

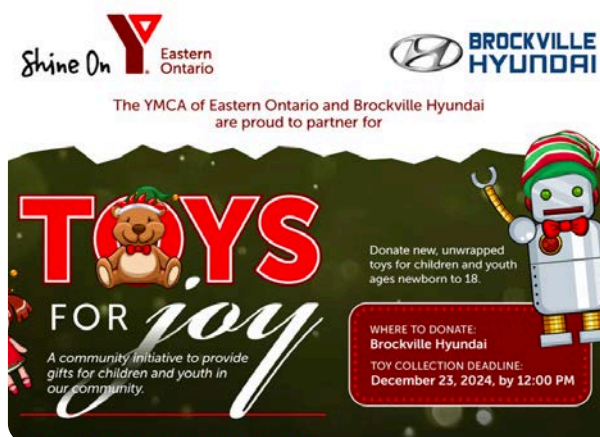
This year, we strived to ignite the potential in people and communities across our region. Our Bridge Strategy continues to guide this journey. We Create a Community for Everyone by embedding equity, diversity, and inclusion into our practices, leadership and community engagement. We Forge Purposeful Partnerships with like-minded people, organizations and groups to extend our reach and amplify our collective impact. And by Striving for Excellence, we continue to enhance our operations by investing in our people and fostering a culture of continuous improvement to expand services and deepen our impact across Eastern Ontario.

Creating a Community for Everyone

In 2024 our youth programming grew remarkably through the launch of a new program and the expansion of another. The Student Impact Program transitioned to the YMCA in February 2024 through strong partnerships with the Limestone District School Board and the Algonquin and Lakeshore Catholic District School Board. This vital program supports students who benefit from alternative programming during academic suspension. It helps students develop academic and life skills that they need to successfully reintegrate into school and engage with the world around them.

The Alternative Suspension Program continues to grow. It now serves all schools in the Limestone District School Board. Designed for students facing short-term suspensions, the program helps participants build resilience, develop autonomy, and stay engaged with their education. It encourages students to persevere, expand their social networks, and reduce problematic behaviours with the goal of supporting stronger academic and personal outcomes.

During the 2024 holiday season, the YMCA embraced the spirit of generosity. We partnered with Brockville Hyundai to support local families. The Toys for Joy campaign delivered gifts to children who might not receive one, and the Shed Some Joy fundraiser raised vital funds for YMCA programs that promote physical and mental well-being. With the support of local businesses and a generous anonymous donor who matched all contributions, these initiatives demonstrated how our communities benefit when we work together and put compassion first.



Forging Purposeful Partnerships



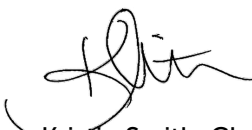
In the spring of 2024, we proudly launched the YMCA Hearthstone Housing Program, a pilot initiative addressing the critical need for affordable housing in Kingston. Initially in partnership with CaraCo Development Corporation, the City of Kingston, and Tipi Moza, Hearthstone provides transitional housing and culturally sensitive wrap-around supports to individuals working toward stability. Residents not only receive safe and affordable housing, but also access to YMCA programs, life skills workshops, and essential community services. Hearthstone reflects our enduring commitment to supporting vulnerable populations and highlights the power of partnership in tackling urgent social challenges. Since its inception the Hearthstone program has grown to include Lily's Place and Ryandale.



We are equally as proud of our new partnership with the municipality of South Dundas and the launch of Mobile Y fitness classes for seniors in Iroquois and Brinston. Mobile Y brings wellness programming directly to older adults in these rural areas, helping to reduce barriers to physical activity while promoting connection, mobility, and overall well-being. It's a shining example of how thoughtful collaboration can meet people where they are and provide equitable access to healthy living opportunities across Eastern Ontario.



Rob Adams,
CEO, YMCA of Eastern Ontario



Kristin Smith, Chair, YMCA of Eastern Ontario
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Patricia Kerth

Don Lewis

Ariel Wambaugh-LaRocque

Retired in 2024

Priti Luhadia

Susan McAllister, Secretary

TO: ? RE: Housing Experience

Well, I don't know where to start, so I will give you a little self background.

I have always struggled with depression and addiction issues, and those issues have also—as you can imagine—led to being homeless and lonely.

But I finally found a place that I could start my recovery and learn how to live and be happy again. When staff there told me about this opportunity to start this program with the YMCA and CARCOCO Homes and the City of Kingston, I really didn't think that it was possible for me (small, unimportant me) lol.

So when I met my new workers (Becky & Brittiney) and the rest of the program staff—I was so nervous. But they made me feel like I was a somebody again, and that there are a few people left in this hard-life world who have a big heart and care about people like me.

I didn't think that was possible anymore.

I moved into a brand new and fully furnished apartment (a fridge full of food too!!!). I just about fell over and thought, "I am so lucky," and I am finally going to be able to start a new life again.

Thank God for programs like this one and all the people who have devoted their time and money to create opportunities like this one.

It's just what I've always dreamed of.
Thanks for everything & gratitude.

- Stuart, Housing Participant



Success Story: A Grade 12 Student's Journey with YSIP

Over the past year, Kelsi, a Grade 12 student, has shown incredible perseverance and resilience. Since February 2024, Kelsi has been part of the YMCA Student Impact Program (YSIP), demonstrating her determination to succeed.

With support from the Limestone District School board and the YMCA of Eastern Ontario, Kelsi has focused on continuing to earn her high school credits while overcoming personal and trauma-based challenges. Kelsi will be the first in her family to earn her high school diploma and apply for post-secondary education. Kelsi has chosen to apply to three Ontario colleges for the Personal Support Worker program. In which, she has been accepted into all three colleges of her choice.

Beyond academics, Kelsi has worked as a Camp Counsellor with the YMCA's Neighbourhood Parks and Recreation Program over the summer of 2024. Through this role Kelsi built strong relationships with the youth who attended the camp, showcasing her natural leadership and inclusivity skills through arts and crafts, physical activity, and group games. This experience developed her professional skills and deepened her connection to the community.

YSIP provided more than just educational support for Kelsi—it became a source of belonging and empowerment. Throughout the year, we've watched Kelsi mature personally and professionally. As she prepares to enter college, we are excited to continue supporting her on her journey and proud of all she has accomplished. Kelsi's story is a true testament to the power of resilience, hard work, and community support.

"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens"

- Mandy Hale, Author



When People Shine, Communities Thrive

These numbers tell the story of the YMCA's impact in 2024 — moments of care, growth, and connection made possible by community support.



Early Years & Child Care

Building strong starts for children and families across Eastern Ontario

700

Families supported with trusted YMCA child care

900+

Children received care through YMCA programs

126,400+

School-age care days delivered

300

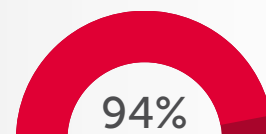
Young learners participated in early years development programs

13

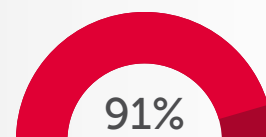
Licensed home child care providers across our region

78,000

Days of child care provided



94%
of parents say YMCA
child care staff are
welcoming and
knowledgeable



91%
of parents praise
school-age care
staff for positive
relationships

"My son talks about his providers at home and asks to see them - this is obviously a sign that he loves them and feels comfortable with them."



Youth Engagement & Support

Creating safe, supportive spaces for youth to connect, grow, and thrive



25

High school credits earned through YMCA Student Impact Program

3,700

Teen Night visits

3,800+

After School Drop-In visits

300

Summer program experiences at the Bermout

100+

Students supported through the Alternate Suspension Program

1,200+

Youth engaged through the Student Impact Program





Health, Fitness & Aquatics

Promoting wellness, confidence, and inclusion for all ages and abilities

19,000

YMCA members

37,500+

Swim lesson days delivered

400+

Aquatic leadership certifications earned — developing future lifeguards and role models

528,000+

Visits to YMCA facilities

31,800

Total Summer Camp days delivered



1 in 4 members received financial assistance to access programs



1 in 3 campers received financial assistance to access programs





Community & Social Impact

Fostering belonging and resilience across our communities

Days of safe housing provided

2,000+

Wellness classes delivered for rural seniors

300

Local community partners working with us to spark change

70

Communities connected through YMCA services

10



30,000+

Meals served to kids and teens





Sparking Belonging

Connecting Communities

The YMCA of Eastern Ontario is proud to serve and support the vibrant communities we call home. Whether through child care, employment programs, health, fitness & aquatics, or community outreach, we help individuals and families shine – because when one of us shines, we all do.



Thank you!

Thank you to all our donors and grantors.

Your gift provides support to kids, youth, families, adults and seniors in our communities so they can access healthy programs, safe spaces and positive social connections.

Great care was taken to ensure accuracy of donors who gave in 2024. We apologize for any errors or omissions and ask that you let us know.

Palladium

\$50,000+

Beatty Family Charitable
Foundation Inc.

Foundation of the
YMCA of Eastern Ontario

Kinsmen Club of Kingston
Dream Home Lottery

Brockville Hyundai

Platinum

\$10,000+

up to \$49,999

Anonymous - 1

Bell Media, Move 104.9 Bounce 103.7

Britton Smith Foundation

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Gold

\$5,000+

up to \$9,999

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Silver

\$1,000+

up to \$4,999

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Vencomatic Group

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\$1+

up to \$999

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Lennox & Addington

Thank you!

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Healthy Eating Better Living
NHL Grant
Ontario Trillium Foundation Grant
Red Cross Community Services
Recovery Fund
The Davies Charitable Foundation Inc.
The Sandbox Project
United Way of Leeds & Grenville
United Way of Kingston, Frontenac,
Lennox & Addington

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Nalani, Josiah & Hannah Ebinu
Joy McNevin
Ron McPhee
Ed Rock

Donations in Memory of

Carl Chwalek
Paul F. Fournier
Catharine Adams Gates
June Carol Gilbert
Jack Grenville
Isobel Macdonell
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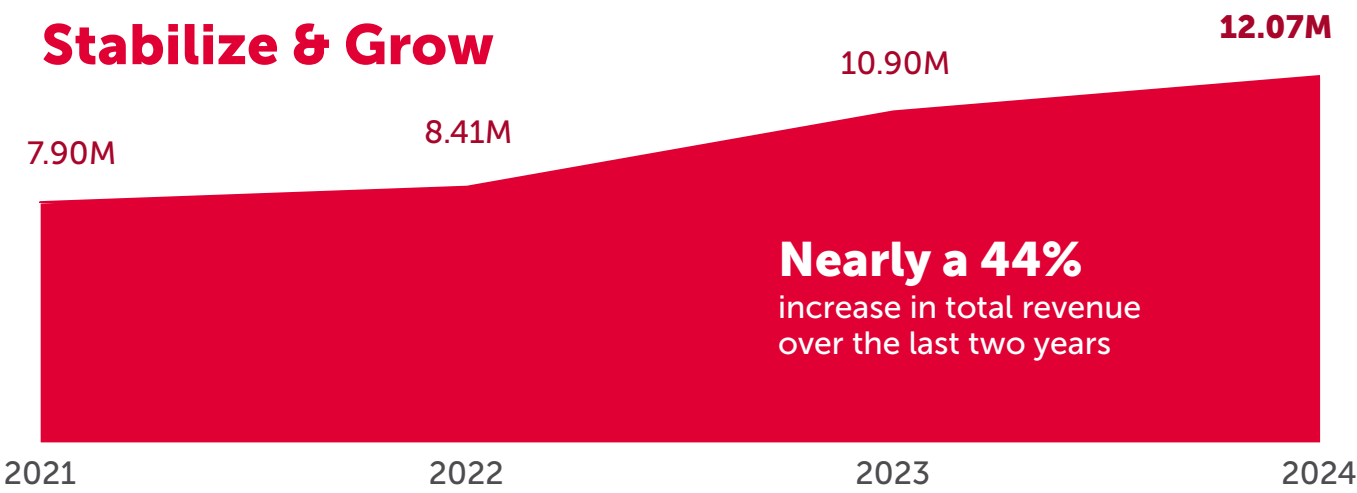
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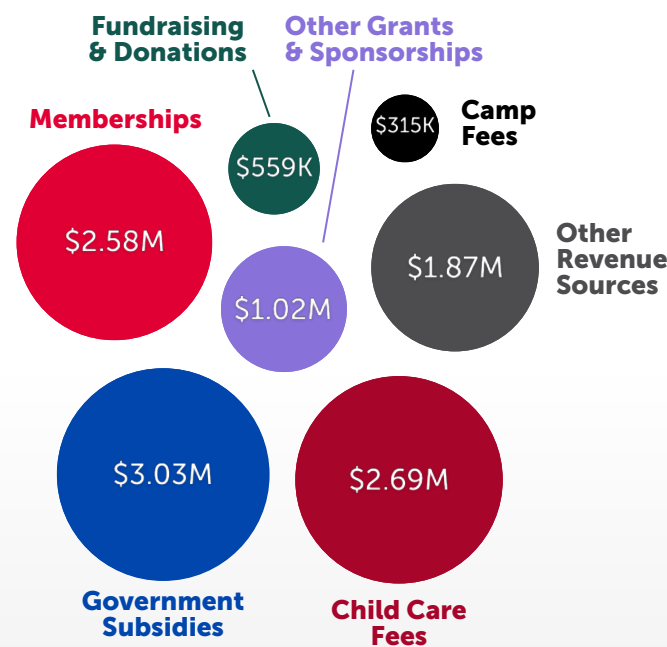


Strength in Numbers

Tracking your dollars at
work in our communities.

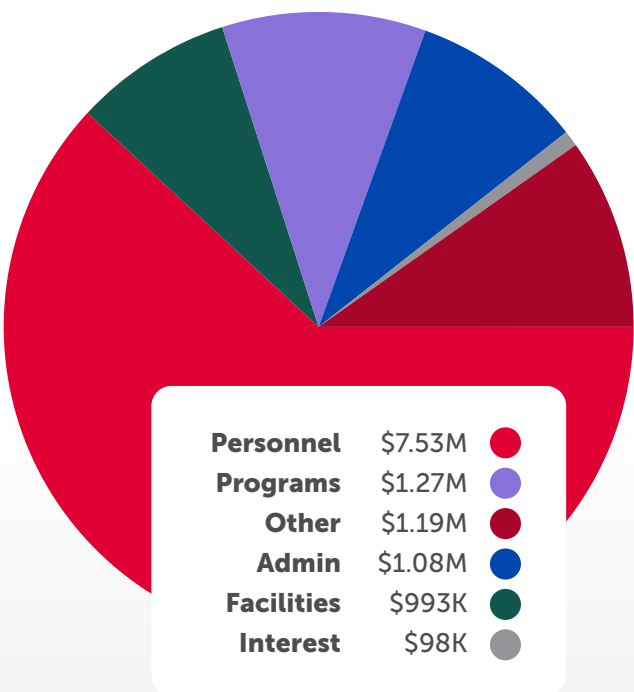


Where Support Comes From Revenue by Source



Total Revenue \$12.07M

Where Your Money Goes Expenses



Total Expenses \$12.17M

Brockville

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613-342-7961
brk.membership@eo.ymca.ca

Kingston

100 Wright Crescent, Kingston
613-546-2647
kng.membership@eo.ymca.ca

St. Lawrence College

100 Portsmouth Avenue, Kingston
613-545-3939

Kingston East Community Centre

779 Highway 15
613-546-4291 ext 1907



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