



# 2022 Annual Report

*Building healthy  
communities*

# YMCA of Eastern Ontario

## Letter from our CEO & Board Chair

Dear Friends of the YMCA of Eastern Ontario:

It's hard to believe that at the beginning of 2022, we were plunged into what was to be the final provincial closure of the pandemic. The programs that had been ramping up following the previous closures came to a screeching halt and we re-grouped for another re-opening.

There are a great many accomplishments that we've had since that time, but we would especially like to share a few of our major highlights.

One of themes of our work in 2022 has been that of partnerships. We renewed our agreements with the municipalities of North Grenville, Prescott and Brockville to deliver summer programming of either summer camps or lifeguarding and swim lessons. A new agreement – and one of the year's highpoints – was our partnership with the City of Kingston to manage its fitness facility at the new Kingston East Community Centre. This recognizes our expertise in the realm of health and fitness and allows us to bring our mission-driven approach to providing these types of services to a new area of Kingston.

In childcare, the big news was the Canada-Wide Early Learning & Child Care (CWELCC) System, which we opted into in October. This deal between the provincial and federal government, will reduce the average cost of childcare to \$10 a day on average by 2026. As the largest not-for-profit childcare provider in Ontario, (the Y in Ontario provides one out of seven licensed spaces for children up to six years of age) this will deliver more affordable childcare for hundreds of parents. While this transition has had its challenges as the province moves through implementation, we are excited to be part of this major transition for childcare and for the benefits it brings to our families.

Our annual fundraising campaign was a success this year thanks to so many volunteers, donors, event participants and staff. For the first time, we partnered (there's that word again!) with the United Way of Leeds and Grenville on the Gord Brown Memorial Golf Tournament held at Smugglers Glen Golf Course. Special guests Darryl Sittler and Rick Vaive were big hits with the crowd, signing memorabilia and being available for lots of selfies. Their participation helped to raise money for the Y's financial assistance program.

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The Strong Communities campaign that includes the golf tournament, the Send a Kid to Camp fundraiser and the Fire Truck Pull raised an impressive \$550,000 – that's \$150,000 over the original goal – demonstrating once more the generosity of people in our region!

The final highlight we'd like to share – and the one of which we are most proud – is the work we are continuing to do with youth. We have grown our Teen Drop-in program, which provides a safe space, a meal and mentorship to teens each day after school. Teen Night was relaunched and we're hearing from teens just how much this Friday night event means to them. Teens who are struggling with issues that many adults would have trouble dealing with are finding that Teen Night gives them with something positive in a space that is welcoming to all. Our Work Hard Eat Well program, which is a free program providing fitness activities and a healthy meal, has expanded in Kingston and has launched in Brockville.

We have also partnered with the Limestone District School Board to offer the Y's Alternative Suspension Program, an established model in dropout prevention for academic suspensions of three to five days. It encourages a constructive return to the classroom. YMCA Alternative Suspension works with schools and families to have a positive impact on academic engagement and the social environment of student participants, and we are beginning to see this impact already.

The YMCA of Eastern Ontario is dedicated to our mission of building healthy communities and to our charitable purpose of supporting the growth of all persons in spirit, mind and body, and to our sense of responsibility to each other and the global community. We hope, in this report, to give you a sense of our scope of service and to our commitment to meeting the needs of our community.

Sincerely,



**Rob Adams**  
CEO, YMCA of Eastern Ontario

**Charlotte Patterson**  
Chair, YMCA of Eastern Ontario  
Board of Directors

**YMCA of  
Eastern Ontario**

**2022 - 2023**

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## *We're all part of a bigger picture*

Sometimes, the most amazing Y story isn't just one story, it's many people's stories that paint a bigger and more important picture.

Prior to the pandemic, there had been growing concern about the plight of youth in the Brockville area. Too little to do was resulting in some undesirable behaviours. While the Brockville Police Service had created a community hub in response, it closed in August of 2019.

As part of our commitment to community service, the YMCA of Eastern Ontario stepped up to create a youth initiative that would provide a safe, welcoming, supervised place (Brockville Y) for teens to connect with friends over activities like video games or swimming or a meal.

About the same time, Kingston Y had been offering a new program called Work Hard Eat Well (WHEW), that provided youth with fitness education through games, and nutritional literacy by providing a healthy meal. When the Rideau Heights Community Centre opened, the program was a natural fit and the Y offered it to kids in that community at no cost.

Fast forward through numerous pandemic closures and openings, and both Kingston and Brockville locations have grown their youth programs. In Brockville, Teen Night now sees up to 200 teens attending the Friday night social and its After-School Drop-in program fills the teen room daily. In Kingston, WHEW has expanded and offers full summer camps. An Alternative Suspension program has also been launched to support teens during short-term school suspensions.

These programs are having a tremendous impact on the kids they serve – not only from the perspective of mentorship and opportunities for healthy activities, but also with the food insecurity that many teens face.

Here are a few of their stories.

# Y Stories

Gabriela is a huge fan of WHEW, having attended both the drop-in and summer camp programs over the past two years. Gabriela lives with her grandparents after being removed from her mother's care due to an unsafe environment. Although she struggles with severe anxiety and depression, she has created deep relationships with the YMCA staff. Her grandmother says that she counts down the days between each program session and loves participating in activities. Even more important, Gabriela's grandmother often mentions the impact and sense-of-belonging the Y staff and program provide her.

Charlie has a difficult time at school and with fitting in socially. His guardian has a serious illness, so Charlie doesn't want to leave her at home alone. He attends Teen Drop-in with her encouragement because she wants him to be happy and social. Charlie attends most days and spends his time having fun with close friends. He regularly comments about how much he enjoys coming to the YMCA.

Ling lost her sole guardian in a car accident on a Friday and came to Teen Night that evening so she could lean into the good things in her life and not shut people out. She spent the night getting hugs and talking to staff and peers. She has been back each Friday since.

Rebecca was referred to the Y by her probation officer. Her mom walked out on her and her sibling in early December, leaving them alone in a one-bedroom apartment that flooded. A staff member from Connect Youth said: "We're supporting her to get connected to housing services, CAS, etc. I asked her today if she had anything she looked forward to under the circumstances. [Rebecca told me:] 'YMCA Teen Night every Friday. It's the only thing I go to for now.'"

Yussef bikes approximately 25 km each way to the Y four or five times a week to join us for teen programs. When asked why he bikes such a long way, he explained that it was entirely to connect and see friends and that the Y provides a free opportunity for him to do so.

Sid comes to the Y to sleep every day after school because he feels safe and because even a room full of teens is a quieter space than home. His uncle regularly has a lot of people over making the home very loud and he doesn't feel comfortable.

Sarah is bullied at school and has tough time at home with a big family and troubled relationships with her parents. To cope, she has adopted a tough persona. She attends the Y because she can be herself and she feels that she is liked and appreciated. Sarah is always one of the last to leave and loves doing crafts and trusts staff enough to vent about her challenges. She hopes to be able to volunteer to work with younger children.

Tomas joins us for teen programs on a regular basis. He currently does not have a residence and is couch-surfing. The YMCA provides a free place for him to hang out with friends that is regular and consistent.

Sisters Jade and Amber have had difficult lives, having been removed from both their mother's and grandmother's care due to neglect. Now living with another family member, the girls enjoy coming to our WHEW program. They never miss a night and enjoy consistency of the program and the meal. They have built long-lasting relationships with staff and other participants.

Amira joins us on a near-daily basis. She does well academically and comes from a supportive home but has a difficult time socially at school which can lead to some challenging days. She loves coming to the YMCA because she has positive connections with many of our staff and feels welcome and comfortable in the stable environment that the YMCA provides.

Kate joins us on a regular basis for teen programs as well as for use of the pool. She has experienced a lot of conflict and difficulty at school and her home life is turbulent. The Y provides a space where staff know her and can provide her with positive role models.

Matthew has made big changes in his life since coming to youth programs at the Y. He visits each day after school and uses his Alternate Suspension pass to workout the fitness center and is interested in swimming. As his parents are rarely involved, he often finds himself without a ride home so, he began participating in our Work Hard Eat Well (WHEW) program. He has transformed. When Matthew began the Alternative Suspension program, he spoke poorly of women and others, could be aggressive. Now, he solves problems verbally and has built good relationships with YMCA staff.

Caitlyn deals with mental health issues and is in conflict with the regularly. She stops into the Alternative Suspension program most afternoons after school to have a snack, go swimming and chat with the youth worker about personal challenges. Caitlyn views the Alternate Suspension room as a safe space and looks forward to conversations with trusted YMCA staff.

The Husseins are a family of four and are new to Canada. Transitions can be difficult, and the boys would sometimes get into physical altercations. After attending the WHEW summer camp last year, the boys now attend the WHEW drop-in program. In this short time, they have made huge progress in approaching conflict more positively. Mom and Dad appreciate the kindness they have discovered at the YMCA and the boys say, "I want to keep coming back!"

**Together, these tell more than one person's story. Together, they speak to human and social issues that teens are grappling with, sometimes on their own, sometimes with gargantuan barriers in their paths. Staff at the Y regularly hear that the evening meal we provide is the teen's first meal of the day, that home or school doesn't feel safe and that they need some positivity not only from friends but from older role models.**

**These are the very important needs of kids in our communities and where the YMCA is working to make a difference.**

Footnote: While all stories are true, names and some details have been changed to respect each individual's privacy.

The Y is more than a place. It's a charity with a mission to help everyone reach their potential! We are imbued with a deep sense of service, continually adapting to meet the needs of our community. These numbers tell a small piece of our commitment.



SUBSIDIZED CAMPERSHIPS

33%



CAMPER DAYS

58,824



MEALS SERVED TO KIDS & TEENS

13,340



VISITS TO THE Y

261,907



MEMBERSHIPS THROUGHOUT 2022

19,492



SWIM LESSON DAYS

30,380



MEMBERSHIPS SUBSIDIZED

22%





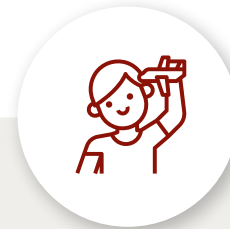
NUMBER OF  
CHILDCARE  
FAMILIES

743



CHILDREN IN  
SCHOOL AGE CARE

929



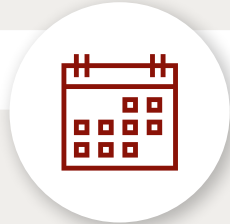
CHILDREN IN  
CHILDCARE

693



LICENSED  
HOME CHILDCARE  
PROVIDERS

14



DAYS OF  
CHILDCARE  
PROVIDED

183,000



PARENTS WHO AGREE  
THAT CHILDCARE STAFF  
ARE FRIENDLY & CREATE  
A SENSE OF BELONGING:

96.5%



PARENTS VERY SATISFIED  
OR SATISFIED WITH  
CHILD'S EXPERIENCE  
IN CHILDCARE

92%



COMMUNITY  
PARTNERS

55

Thank  
you!



SOCIAL MEDIA  
REACH

484,000  
*approximately*

A vibrant, joyful scene of four children playing in a grassy field. The children are laughing and reaching out towards numerous large, iridescent bubbles that are floating in the air. The background is a lush green field with trees, suggesting a park or a natural outdoor setting. The overall mood is happy and carefree.

*Thank you, thank you, 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 2022. We apologize for any errors or omissions and ask that you let us know.

# Thank you to our corporate donors!

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# Financial Statements

<b>YMCA of Eastern Ontario Statement of Financial Position</b>		
December 31	2022	2021
<b>Assets</b>		
<b>Current</b>		
Cash	\$ 993,381	\$ 441,645
Accounts receivable (Note 2)	337,206	637,326
Prepaid expenses	11,304	39,139
	<u>1,341,891</u>	<u>1,118,110</u>
<b>Tangible capital assets (Note 3)</b>	<b>6,384,666</b>	<b>6,227,842</b>
	<u>\$ 7,726,557</u>	<u>\$ 7,345,952</u>
<b>Liabilities and Net Assets</b>		
<b>Current</b>		
Bank indebtedness (Note 5)	\$ -	\$ 225,000
Accounts payable and accrued liabilities (Note 4)	703,490	543,625
Amount payable to the City of Kingston	94,370	135,260
Amount payable to United Counties of Leeds and Grenville	77,791	56,275
Deferred contributions (Note 6)	284,388	126,248
Unearned membership and program fees	38,666	18,447
Current portion of long-term debt (Note 7)	39,167	256,644
	<u>1,237,872</u>	<u>1,361,499</u>
<b>Long-term debt (Note 7)</b>	<b>605,110</b>	<b>466,597</b>
<b>Deferred contributions related to tangible capital assets (Note 8)</b>	<b>2,661,577</b>	<b>2,266,431</b>
	<u>4,504,559</u>	<u>4,094,527</u>
<b>Net Assets</b>		
Invested in tangible capital assets	3,078,812	3,238,170
Unrestricted	143,186	13,255
	<u>3,221,998</u>	<u>3,251,425</u>
	<u>\$ 7,726,557</u>	<u>\$ 7,345,952</u>

<b>YMCA of Eastern Ontario Statement of Operations</b>		
For the year ended December 31	2022	2021
<b>Revenue</b>		
Licensed child care fees	\$ 1,927,277	\$ 1,563,790
Memberships	1,680,880	606,914
City of Kingston subsidy	1,338,064	1,322,551
Other grants and sponsorships	737,144	678,100
United Counties of Leeds and Grenville subsidy	812,055	904,469
Program fees	562,875	212,799
St. Lawrence College of Applied Arts & Technology (Schedule 1)	371,926	152,464
Donations and fundraising	359,388	688,527
Amortization of deferred contributions related to tangible capital assets (Note 7)	226,444	414,695
Camp fees	250,113	164,098
Administration fees	136,242	67,987
Interest Income	5,304	1,384
Canada Emergency Wage Subsidy (CEWS)	-	1,122,705
	<u>8,407,712</u>	<u>7,900,483</u>
<b>Expenses</b>		
Advertising and promotion	143,382	21,580
Amortization of tangible capital assets	462,624	678,049
Bad debt expense	-	5,326
Insurance	102,970	89,843
Interest and bank charges	57,802	59,557
Interest on long-term debt	31,242	36,153
Management and administrative fees	72,680	33,838
Memberships and licences	70,354	121,502
Office expenses	514,938	376,191
Professional fees	80,208	61,602
Program and childcare supplies	411,868	391,556
Rental	37,944	41,396
Repairs and maintenance	506,839	376,637
Sub-contracts	170,968	196,869
Training and education	18,113	9,153
Travel expenses	22,357	33,448
Utilities	409,805	294,253
Wages and benefits	5,323,045	4,699,324
	<u>8,437,139</u>	<u>7,526,277</u>
<b>Excess (deficiency) of revenues over expenses</b>	<b>\$ (29,427)</b>	<b>\$ 374,206</b>



*Thank you, thank you, thank you!*

Thank you to all our staff and volunteers who have made a very real difference in the lives of everyone at the Y, including your colleagues. Your belief in the mission of the YMCA has allowed us to look at new ways of doing things, to try new programs and to build our capacity. Thank you for all you do everyday!



The 2022 Gord Brown Memorial Golf Tournament was an outstanding success in no small part to Darryl Sittler and Rick Vaive who came out, hit the links and made time for lots of signatures and selfies.

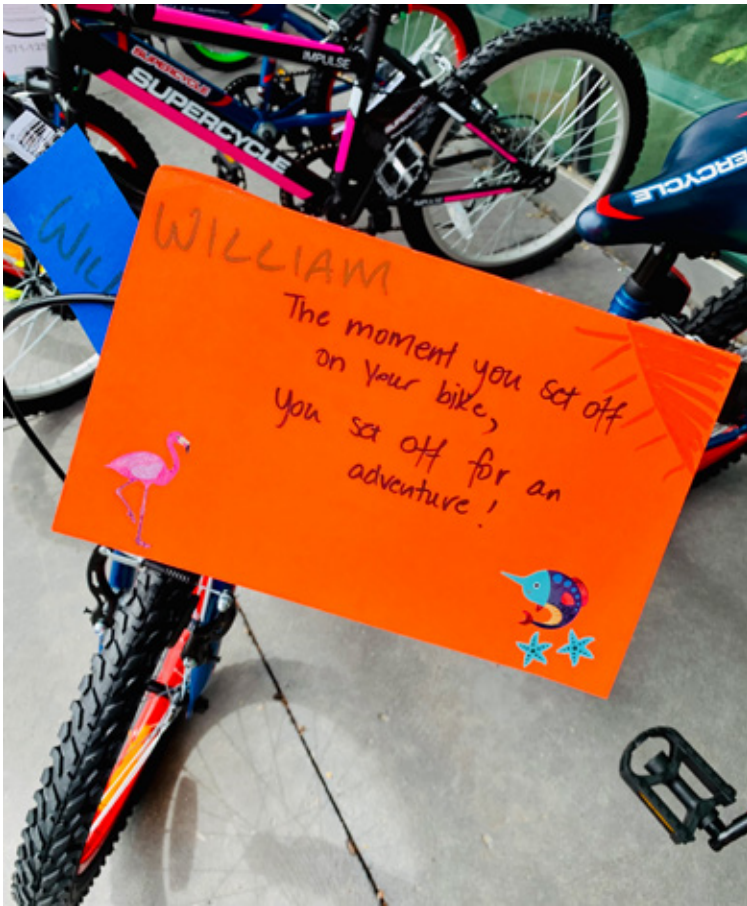
Congratulations to Y Penguins, Jessica Tinney who just set a Canadian record in the SM5 classification at the Trials Selection Prep Invitation! Jessica swam the 200 Individual Medley in just 4.51.70 and while this was not her personal best (WOW!!) it set a national record and set her off to the Trials for the World Championships.



Everyone had a great time at the Fire Truck Pull although no team more than Kriska Transport who won the event and took home the trophy with the winning time of 30 seconds.



L to R: Mezaun Hodge, Rob Adams and Heather Haynes. Mezaun won the Peace Medal for Brockville for her work in the area of diversity; Heather won for Kingston for her work in the Democratic Republic of Congo.



The Y was once again thrilled to receive bikes put together by Queen's MBA for a few Y kids.



The YMCA of Eastern Ontario came out in full force to participate in Pride. #loveislove



Above: Work Hard Eat Well summer camps and the Berm-out in Gananoque were popular summer programs.



Right: Rob Adams speaks at the opening of the Kingston East Community Centre about the importance of partnerships in serving our communities.





**YMCA of  
Eastern Ontario**  
[eo.ymca.ca](http://eo.ymca.ca)