



The YMCAs of Québec  
The YMCAs of  
Québec Foundation

# MORE THAN A GYM. **A CAUSE.**



2016 COMMUNITY REPORT

165 YEARS



# ONCE UPON A TIME...

**...there were hundreds of kids and youth who lived in a vibrant neighbourhood. They loved going to their YMCA, where they could be active, learn new skills and make new friends.**

Young kids, like **Ludovic** and **Xavier**, found out how fun it is to play sports with their parents at the gym. Teens, like **Bishop**, discovered the joys of nature at Camp YMCA Kanawana. Young adults, like **Ngee**, learned more about themselves and others at the TeenZone.

All of these young people thrived at the YMCA and wanted to come each and every day. While they were enjoying lots of different activities and accomplishing all kinds of things, they were growing up to be healthy, confident and productive adults.

Looking back on their time at the YMCA, they remembered the magical moments they had there, what they learned and what helped them become the people they are today.

**Thank you to all of you – donors, volunteers, employees and partners – for giving many other children, young people and families a chance to live healthy and active lives.**

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Catherine Isabelle – Chair of the Board of Directors, The YMCAs of Québec  
Gregory Chrispin – President, The YMCAs of Québec Foundation  
Stéphane Vaillancourt – President and CEO, The YMCAs of Québec

## MISSION

To build stronger  
communities  
by providing  
opportunities for  
everyone to lead  
fulfilling, active,  
healthy and  
engaged lives.



**“W**e’re the Giguère-Choquette family. There’s me, Sylvain (dad), Jessica (mom), Ludovic (6) and Xavier (7). Our story begins in 2013 when I decided to change my life. I signed up for the gym. I lost 200 pounds. In fact, my whole family joined me. Weights, boot camp, cycling for the grown-ups. Circus arts for the kids.



Since then, we’ve changed our habits. Everyone is very active. It’s become part of our lifestyle! Our weekends used to revolve around what was on TV. Now, it’s hard to remember a day we spent doing nothing. The kids saw us being active, so they’re doing the same. When they’re twenty, they’ll do it, not because they have to, but because it’s a part of them.

As Xavier would say, ‘Thanks for helping daddy get rid of his belly so he could come play with me.’”

## PROMOTING HEALTHY AND ACTIVE LIVING FOR ALL

Most parents find it hard to be healthy role models for their kids. The YMCA believes it’s vital to establish healthy lifestyle habits at an early age so that children gain the confidence, motivation and motor skills they need to lead an active life.

By helping us offer activities to families like the Giguère-Choquettes, you are passing on the joy of active living and encouraging kids to adopt long-lasting healthy habits that will help them succeed throughout the course of their lives.

**“Healthy living means quality time for the whole family.”**

Sylvain

**“M**y name is Star. My thirteen-year-old son Bishop has been going to Camp YMCA Kanawana since he was six. This wouldn’t have been possible without financial assistance from the YMCA.

There are clear benefits. I see a difference every time Bishop comes back from camp. He has a healthier, more positive view of himself. Now, I believe it’s more important than ever for my son to go to Kanawana. At his age, Bishop is still trying to figure out who he is. It’s hard to find an environment that will help him build his character, where he won’t be pressured into being someone he’s not.

I would like to thank you. Thank you for not excluding people based on their income or for any other reason, and for allowing them to make a positive contribution to their community. For me, that’s what the YMCA is all about.”

## BRINGING PEOPLE TOGETHER

A person’s income should never be an obstacle to his health and well-being. This is why the YMCA is committed to levelling the playing field for low-income families and individuals by removing financial barriers to Y activities and services.

By giving families like Star’s a chance to send their kids to our summer camp, you are showing us that you fundamentally believe that people should not be denied a healthier life because of economic or social circumstances.

**“I’m lucky to have gone to camp when so many other kids like me don’t get a chance to.”**

Bishop







**“Here, I learned  
to persevere.”**

Ngee

**“Ngee now knows who she is,  
what she wants, what she’s worth.”**

Dave Joseph  
Youth Worker, 16-24 Zone

**“M**y name is Angeline. Everyone calls me Ngee. I’m 21. I left school when I was 17. I couldn’t do it anymore. I was the oldest of nine kids, now ten. I helped out with the little ones. There was just my mom. I didn’t have a choice. I decided to take a break.

Then, I started coming to the 16-24 Zone. At the Zone, Dave had a positive impact on my life. Really. He showed me how to chase my dreams and follow my heart. Today, I’m getting my life back together. I’m a part-time Secondary 5 student, I’m working full-time and I’m pursuing my music and dance projects. I feel like I’m on the right track.

Thanks for giving me more opportunities. Listening to me. Supporting me. Just thanks.”

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## **HELPING YOUNG PEOPLE ACHIEVE THEIR POTENTIAL**

Many young people face serious problems at home, at school and in their neighbourhood. Others are simply trying to find themselves. No matter what their situation, they all risk feeling isolated, dropping out of school or worse. YMCA TeenZones provide a welcoming place where young people can just be themselves.

Through your support, you are giving youth like Ngee a chance to be heard and providing them with experiences that allow them to discover their interests, achieve success and find their path.



# IMPACT

In 2016, thanks to the commitment and vision of our 500 partners, 1,400 volunteers, 1,500 employees and 2,750 donors



## 115,000

people participated in our activities and services, including 35,000 kids and youth who achieved success and found their way



10+ school boards



15+ institutions of higher education



90+ schools

35+ government departments and public/parapublic institutions at the municipal, provincial and federal levels



10+ hospitals and healthcare centres



50+ special interest groups

230+ community organizations

Our partners keep us connected to the needs of the community

10  
COMMUNITY AND SPORTS CENTRES

34  
POINTS OF SERVICE

10  
DAY CAMPS

7  
DAYCARES & NURSERY SCHOOLS

8  
TEENZONES

1  
THREE-SEASON CAMP IN SAINT-SAUVEUR

1  
INTERNATIONAL LANGUAGE SCHOOL

1  
RESIDENCE FOR VULNERABLE POPULATIONS

## 70,000

people improved their health and quality of life through exercise

## 3,000

students stayed in school

## 1,300

people who were homeless or at risk of being homeless got help to turn their lives around or were referred to the appropriate resources

## 1,000

asylum seekers stayed at the YMCA Residence and found the support they needed to start a new life

## 2,100

campers were physically active and made friends at day camp

## 5,500

children learned how to swim

## 800

youth had a transformative experience in nature at Camp YMCA Kanawana

## 1,600

young people thrived in our TeenZones

## 6,100

people broadened their horizons by learning a new language

## 7,750

seniors (members and participants in our community programs) stayed active and connected to their community

**Thank you!**  
All this would not have been possible without YOU.

Financial assistance from the YMCA

## 6,758

participants who could not otherwise afford our activities and services saw their lives change thanks to financial assistance from the YMCA totalling

## \$1.196M

# INVESTING IN OUR KIDS AND COMMUNITY THANKS TO YOUR GENEROSITY

Imagine if every kid like Ludovic, Xavier, Bishop or Ngee benefited from positive relationships at school, at home and in their neighbourhood.

Imagine how resilient, vibrant and open-minded they would become. Imagine if they grew up to be healthy adults who believe in themselves and who are ready to work hard to achieve their dreams. Imagine how much impact they would have on our communities...

**\$1,088,109 donated to the YMCAs of Québec in 2016!**  
**A special thanks to our major donors for helping us build strong communities**

Toronto-Dominion Bank, Caisse Desjardins de Bois-Franc-Bordeaux-Cartierville, Caisse Populaire Desjardins des Versants du Mont-Royal, CN, Corus Entertainment Inc., Claude Beaulieu Foundation, Canada Post Community Foundation, Claudine and Stephen Bronfman Family Foundation, George Hogg Family Foundation, Fondation de la Pointe-de-l'Île, KPMG Foundation, Organix Foundation, Medavie Health Foundation, Fondation Québec Jeunes, TD Friends of the Environment Foundation, Mamie Clafoutis Inc., Reno-Metrix, Tact Intelligence-conseil, Tangerine and Wawanesa. Thank you to the estates of Alfred Fred Muth and Viviane Brunet for their legacy gifts.

## THANK YOU 160,000 times over

"Every minute you spend with a kid, with a teenager, even if you're just listening, not even teaching, just listening, is a moment spent towards peace, towards justice, towards understanding."

Gregory Charles, Honorary Laureate  
2016 YMCA Peace Medals

On September 21, 2016, more than 400 guests attended the Peace Medals Gala in support of the YMCAs of Québec Foundation. The event raised \$160,000, which will go towards providing opportunities and a support network to young people who need it the most.

"You have shown that the YMCA makes Québec the beautiful, tolerant, welcoming and open place that it is."

You have made us all proud to be Quebecers and to contribute to the Y's wonderful cause."

Luc Sirois, volunteer  
Board of Directors, The YMCAs of Québec



Thank you to our sponsors:

Ivanhoé Cambridge, Manulife Financial, Servcorp, TELUS, Michel Brutti/Jarislowsky Fraser, Board of Trade of Metropolitan Montreal, Brian Bronfman Family Foundation, KPMG LLP, S&E Services Limited Partnership and Cogeco.

Thanks to the support of our donors, the Y is there for kids like Antoine



From early childhood to adolescence to young adulthood, you have supported ANTOINE through all of his stages of development.

North America's  
first YMCA  
opens in  
Montréal on  
November 25.



1851



1854

The YMCA  
opens  
Montréal's  
first public  
library.

Night school classes begin  
for all, including women  
and immigrants – until  
then, education had been  
a privilege for elite men.

1870



1890

Ahead of its time,  
the YMCA  
begins to offer  
sports and  
physical activities.

Québec's first  
summer camp,  
Camp YMCA Kanawana,  
opens in  
Saint-Sauveur.

1894



1912

To better meet the  
needs of communities,  
the YMCA conducts its first  
extensive survey of living  
conditions in Montréal.

YMCA staff pioneer  
frontline work  
by reaching out  
to young drug addicts  
on the street.

1960-  
1970



1970-  
1980

The YMCA champions  
new ideas in child  
development and opens  
daycares, preschool  
and after-school programs.

YMCA *Alternative Suspension*,  
an innovative and highly  
effective program, sharpens  
the Y's focus on kids,  
youth and school success.

1999



The *YMCA Alternative  
Suspension* program is  
rolled out in three Cree  
communities in partnership  
with local Cree authorities.

2015

The Government of Québec  
chooses the YMCA to lead  
its first program grant  
to prevent youth radicalization  
and delinquency.

2016

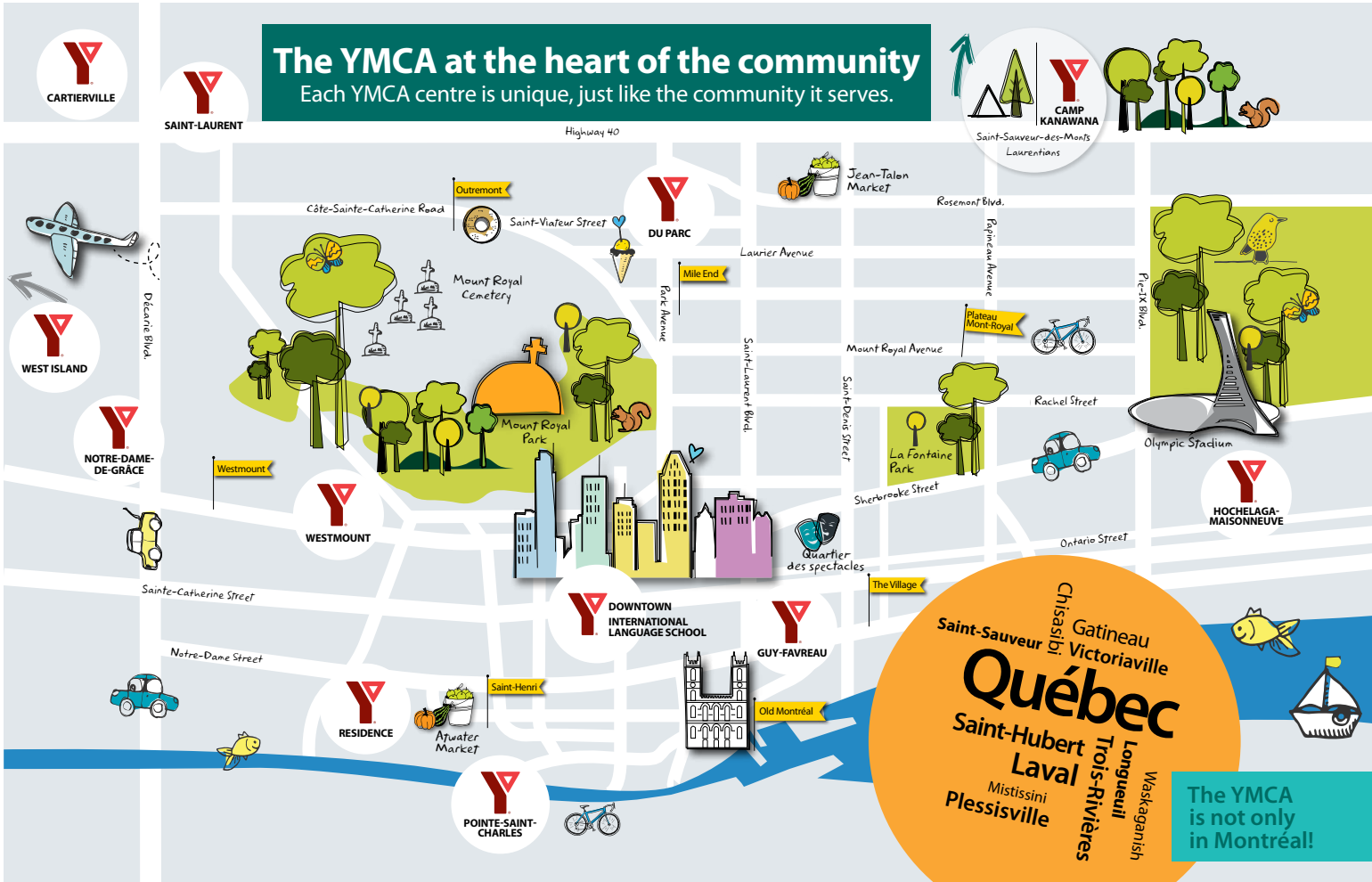
With the support of the federal  
government, the YMCA launches  
*Plusone Mentoring*, a brand new  
program for helping youth  
who are the most at risk.

# YOU HAVE BEEN THERE FOR YOUTH AND FAMILIES FOR 7 GENERATIONS

The YMCA and Québec have a long history  
together. In fact, the first YMCA in North  
America was established in Montréal in 1851.

Since then, the YMCAs of Québec have worked  
tirelessly with all of you – donors, volunteers,  
employees and partners – to meet and adapt  
to the needs of communities. Our goal?  
To create strong, healthy, dynamic and lively  
neighbourhoods that encourage individuals  
and communities to reach their full potential.

Our 165<sup>th</sup> anniversary is the perfect  
opportunity to celebrate your pioneering  
role in helping us make Québec a healthy,  
engaged and inclusive province.





The YMCAs of Québec

Statement of operations

for the year ended December 31, 2016

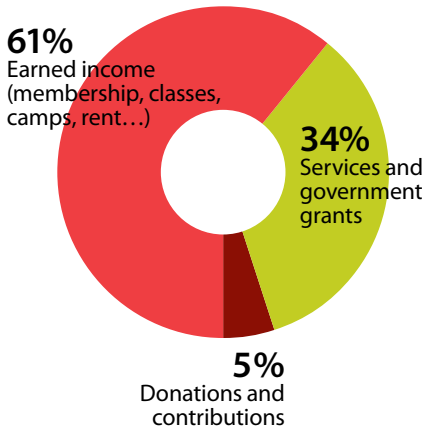
	2016	2015
	\$	\$
<b>REVENUE</b>		
Program activities	28,196,054	29,175,729
Fees for services and government grants	14,895,141	12,854,737
Rent	1,753,444	1,722,838
Grants for installations	1,772,882	1,762,983
Grants for installations – interest	315,601	368,921
Donations from the YMCAs of Québec Foundation	1,081,824	1,289,286
Other contributions	1,404,454	1,456,954
Investment income	57,208	98,664
	<b>49,476,608</b>	48,730,112
<b>EXPENSES</b>		
Salaries and social benefits	28,867,427	29,434,017
Occupancy	8,408,608	8,588,361
Programs and administration	7,987,266	8,064,732
Contributions to the YMCAs of Québec Foundation's operations	–	334,937
	<b>45,263,301</b>	46,422,047
<b>EXCESS OF REVENUE OVER EXPENSES BEFORE THE FOLLOWING ITEMS</b>	<b>4,213,307</b>	2,308,065
Net amortization	2,052,852	2,175,149
Interest and financing costs	343,227	604,128
	<b>2,396,079</b>	2,779,277
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES</b>	<b>1,817,228</b>	(471,212)

Statement of financial position

as at December 31, 2016

	2016	2015
	\$	\$
Current assets	11,087,906	8,417,107
Long-term investments	1,546,781	1,569,311
Long-term receivables	6,823,323	7,520,800
Capital assets	35,465,928	37,786,931
<b>TOTAL ASSETS</b>	<b>54,923,938</b>	55,294,149
Current liabilities	10,563,692	9,640,793
Long-term debt and other liabilities	9,772,775	11,550,527
Deferred contributions related to capital assets	20,168,877	21,501,463
<b>TOTAL LIABILITIES</b>	<b>40,505,344</b>	42,692,783
<b>NET ASSETS</b>	<b>14,418,594</b>	12,601,366
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>54,923,938</b>	55,294,149

2016 Revenue



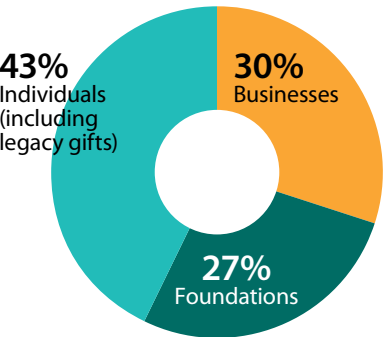
The financial statements audited by Deloitte LLP are available at [ymcaquebec.org](http://ymcaquebec.org)

The YMCAs of Québec Foundation

Statement of operations

for the year ended December 31, 2016

Donation sources



	2016	2015
	\$	\$
<b>REVENUE</b>		
Donations and contributions	1,033,548	1,970,162
Investment income	321,189	193,572
	<b>1,354,737</b>	2,163,734
<b>EXPENSES</b>	<b>1,055,483</b>	871,625
Contribution from the YMCAs of Québec to the operations of the Foundation	–	(334,937)
	<b>1,055,483</b>	536,688
<b>EXCESS OF REVENUE OVER EXPENSES BEFORE CONTRIBUTIONS</b>	<b>299,254</b>	1,627,046
Contributions to the YMCAs of Québec	1,088,109	1,333,038
<b>(DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES</b>	<b>(788,855)</b>	294,008

The financial statements audited by Deloitte LLP will be available in June 2017 at [ymcaquebec.org](http://ymcaquebec.org)

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\*\* Resignation during term of office



MORE THAN A GYM.  
A CAUSE.



# THANKS

On behalf of  
the children,  
young people  
and families  
of the YMCA

The online edition is now available!  
**[communities.ymcaquebec.org](http://communities.ymcaquebec.org)**

Would you like to volunteer or make a donation?  
[fondation@ymcaquebec.org](mailto:fondation@ymcaquebec.org) or 514 849-5331, ext.1266

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Montréal

