



The YMCAs of Québec

YMCAs of Québec
Foundation

**MORE
THAN
A GYM**



A CAUSE

**2018
COMMUNITY
REPORT**

**MORE THAN
CARDIO
A HEALTHY
AND ACTIVE
LIFESTYLE FOR
EVERYONE**



**MORE THAN
A LANGUAGE
SCHOOL
A WINDOW
TO THE WORLD**



**MORE THAN
AQUAFIT
AN OPPORTUNITY
TO MAKE FRIENDS**



**MORE THAN
FINANCIAL
ASSISTANCE
A SPRINGBOARD
FOR LIFE**



**MORE THAN
A CANOE
A PASSPORT
TO LEADERSHIP**



**MORE THAN
BASKETBALL
THE JOY OF
MOVEMENT**



**MORE THAN
TUTORING
A STEP
TOWARDS
SUCCESS**



**MORE THAN
BRICKS AND
MORTAR
A PLACE OF
BELONGING**



**MORE THAN
A TEENZONE
A SECOND
HOME**



**YOU
GIVE
THEM**

**+ MORE
THAN
A GYM
A CAUSE**



**+ SO MUCH
MORE!**

Your support means so much! We hope that you feel it. You play a part in the lives of so many Québec families and communities. A part in the lives of **Enrico, Clara and Elijah.**

Everyone's path is different. It is thanks to your generosity that we are able to meet the unique needs of each person. Every day, at the time when they need it the most, and throughout their journey.

By supporting the YMCA, you positively transform the lives of individuals, families and neighbourhoods. Thanks to you, we can offer a wide range of activities and services that improve the quality of life of more than 120,000 Quebecers each year.

We are proud to support them, at every stage of their lives. From the moment they step through our doors, we are there for them, thanks to you.

More than a donor, a volunteer, an employee or a partner, you are a member of the YMCA family. THANK YOU for your help and your compassion!

With all of our gratitude,

Gregory Chrispin, President, *YMCAs of Québec Foundation*
Waguih Rabbat, Chair of the Board of Directors, *The YMCAs of Québec*
Stéphane Vaillancourt, President and CEO, *The YMCAs of Québec*



Enrico is a survivor. At the age of 23, he suffered a traumatic brain injury following a motorcycle accident that left him in a coma for two weeks. Enrico miraculously survived, but two years of rehabilitation were needed to relearn how to walk, talk, and function. His story seems hard to believe when you meet Enrico, who is now a CEGEP teacher, a doctoral student and trainer, as well as a seasoned triathlete.

Enrico's recovery can be credited to his incredible medical team. And also to the Y, where he began exercising again and where he found a family to support him during critical moments in his life. This led him to develop an exercise program for people who, like him, have suffered head trauma. His goal: to help them become active members of their community again.

MORE THAN PHYSICAL ACTIVITY A HEALTHY AND ACTIVE LIFESTYLE FOR EVERYONE

*"TODAY, I WANT TO GIVE
BACK BY OFFERING ALL
THE HAPPINESS THAT I
EXPERIENCED AT THE Y."*

Enrico

Thanks to you, thousands of individuals participate in the YMCA's various physical activities and feel better in their bodies, minds and hearts - no matter their age, no matter their motivation! Like Enrico, they feel welcome, build positive relationships and develop a strong sense of belonging to their Y.

MORE THAN AN INCLUSION PROGRAM A SPRINGBOARD FOR LIFE

*"THE MORE TIME CLARA SPENDS
IN A PLACE THAT CELEBRATES
HER DIFFERENCE, LIKE THE Y,
THE MORE SHE WILL ACCEPT IT."*

Marie-Justine and François,
parents of 9-year-old Clara

Clara is a ray of sunshine. A playful, lively little girl. A little girl with an invisible handicap: dyspraxia combined with ADHD.

Clara and her family endured many challenging summers in various day camps. Every day was a battle. Clara didn't like any of them - either she didn't make friends or she wasn't properly supported. Her parents always ended up withdrawing her.

Everything changed when they found a YMCA Day Camp. Clara was paired with a dedicated companion who met her different needs and ensured that she participated in the group's regular activities. It was a great comfort.

Her companion helped Clara gain self-confidence, push her boundaries and create bonds, in a safe environment. "It was a relief to see our daughter enjoying her summer. Finally!"

The news reminds us every day that many children and adults suffer from exclusion. By supporting us, you make YMCA programs accessible to as many people as possible. You make a huge difference that directly impacts children as well as the quality of life of entire families like Clara's.



MORE THAN A YOUTH PROGRAM A SECOND FAMILY

"I know what it feels like to be alone. At school, I was bullied and discriminated against. I was ignored because I was shy. My mother was in a difficult financial situation and I had lost my uncle, who was like my father.

They say there are two things you need to survive high school: friends and adults who support you, no matter what. I found both at C-Vert. The program gave me everything I was looking for.

A place where I could start over again and make real friends, away from all the drama at school. A place where I learned so much with people who really cared. A place where I could simply be myself.

I always knew that I wanted to make a difference, but I didn't know how. Today, I want to use the media as a tool to educate young people about socio-environmental issues."

*"I WOULD NOT BE WHO I AM
WITHOUT THIS Y PROGRAM."*

C-VERT HAS BEEN AT THE HEART OF
SO MANY KEY MOMENTS IN MY LIFE.

LIKE A PARENT WHO HELPS THEIR CHILD
DISCOVER ALL THE POTENTIAL THAT LIES
WITHIN THEM."

Elijah, participant in the C-Vert
Environmental Engagement Program,
standing in front of a mural created
by C-Vert youth.

**Your support for the YMCA
gives young people who are
going through a difficult time,
a safe place to meet, build
friendships, and grow together
by simply being themselves
— without any judgement.
"A heaven that makes life less
rough," as Elijah would say.**

MORE THAN A FOUNDATION + A DREAM CATCHER

At the YMCAs of Québec Foundation, we are here to help you achieve your dreams by connecting your interests to the needs of the community and by advancing our shared vision for our world!

You may have always dreamed of reducing school dropout rates, getting teens off the street, helping families in need, or improving people's health and quality of life. By choosing to support the YMCA, you are changing the lives of people, families and communities.

Thank you for supporting us - and them - through all of your energy, commitment and heart. Together, we are building stronger, more harmonious communities. Communities where everyone is free to be themselves and reach their full potential. You are offering each and every person a springboard for an active, healthy, engaged and fulfilling life.

**This year,
we raised a record
\$2.4 M**

YMCAs
OF QUÉBEC
FOUNDATION

OUR CHILDREN AND TEENS SAY **THANK YOU!**



**450,000 THANK YOU's
for your support at
the YMCA Peace
Medals presented
by Desjardins!**

"There is a ten-year difference in the life expectancy of residents in Hochelaga-Maisonneuve and those in Dorval. I do not accept that a child's postal code has more influence on their future than their genetic code. The Y acts on this: it welcomes children from all walks of life and builds bridges between them."

*Sophie Brochu,
President and CEO, Énergir,
and Honorary 2018 Laureate*

Your support represents an investment in our TeenZones, more importantly an investment in the lives of our young participants: Abdullah, Alamine, Ali, Daniel, Erik, Evans, Jade, Jean-Marie, Methula, Nathaniel, Radhika, Shannon, Socrates, and many others. Thank you also to all the laureates for inspiring us.

Thank you to our Presenter, Desjardins, our Ambassador for peace, BMO Financial Group and our sponsors: Bell Canada, Cogir Real Estate, Deloitte, Énergir, Manulife, CIBC Capital Markets, McCarthy Tétrault and Rogers Communications.

**\$1M to support the
success of young
people! Thank you,
Desjardins.**

"The YMCA's dynamism and values make it a unique partner, a partner that furthers our commitment to support the development of youth from all walks of life."

*Guy Cormier, President and Chief
Executive Officer of Desjardins Group*

*On behalf of the thousands of young
people who will benefit from this
contribution, we thank Desjardins
for building stronger communities
and supporting youth success with
the YMCA.*

**Through the generosity
of more than 2,500 donors.**

On behalf of the YMCA, we are forever grateful for your impact on all of these children, youth and families in Québec.



**The YMCA Challenge
– a successful first
edition!**

It was a joyous, fun-filled time at the YMCA Challenge, which took place on Saturday, May 5, 2018! A heartfelt thank you to the 1,200 participants who helped us promote an active lifestyle for all by running and walking during this wonderful family event.

*Thank you to our partners
and sponsors: BMO, Céragrès,
Cogeco, Enterprise, KPMG,
Manulife, Naya, Newad, Oasis
and Parc Jean-Drapeau.*

IMPACT

In 2018, thanks to the commitment and vision of our **500 partners**, **1,100 volunteers**, **1,600 employees** and **2,500 donors**

120,000

people participated in our activities and services, including 40,000 kids and youth who achieved success and found their way

3,600

students stayed in school

1,500

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

2,200

young people thrived in our TeenZones

2,100

campers were physically active and made friends at day camp

7,300

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

70,000

people improved their health and quality of life through exercise

7,000

seniors stayed active and connected to their community

6,800

people broadened their horizons by learning a new language

5,600

children learned how to swim

950

youth had a transformative experience in nature at Camp YMCA Kanawana

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

Our partners keep us connected to the needs of the community



	10	COMMUNITY AND SPORTS CENTRES
	35	POINTS OF SERVICE
	9	DAY CAMPS
	7	DAYCARES AND NURSERY SCHOOLS
	8	TEENZONES
	1	THREE-SEASON CAMP IN SAINT-SAUVEUR
	1	INTERNATIONAL LANGUAGE SCHOOL
	1	RESIDENCE FOR VULNERABLE POPULATIONS

FINANCIAL ASSISTANCE FROM THE YMCA

7,534

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

\$1.27 M

The YMCA in Québec

YMCA centres

Cartierville YMCA
Downtown YMCA
Du Parc YMCA
Guy-Favreau YMCA
Hochelaga-Maisonneuve YMCA
Notre-Dame-de-Grâce YMCA
Pointe-Saint-Charles YMCA
Saint-Laurent YMCA
Saint-Roch YMCA (2020)
West Island YMCA
Westmount YMCA

AND ALSO...

Camp YMCA Kanawana (Saint-Sauveur)
YMCA International Language School
YMCA Residence

YMCA POINTS OF SERVICES

CHILDREN AND YOUTH

Day Camps

- Centre récréatif Saint-Roch ^A
- Collège de Montréal (Ville-Marie) ¹
- Complexe Gadbois (Le Sud-Ouest) ²
- Westpark Elementary School (Dollard-des-Ormeaux)

Early Learning and Care

- Du Parc YMCA Daycare (Plateau-Mont-Royal) ³
- Du Parc YMCA-Ubisoft Daycare (Plateau-Mont-Royal) ³

16-24 Zone

- 16-24 Zone South Shore (Saint-Lambert) ⁴
- 16-24 Zone Saint-Leonard

TeenZones

- Beurling Academy (Verdun)
- Westmount Recreation Centre ⁵

COMMUNITY PROGRAMS

C-Vert

- Saint-Roch YMCA Community Office ^B
- Cité des arts du cirque-TOHU ⁺
(Villeray-Saint-Michel-Parc-Extension) ⁶
- Centre Sainte-Cunégonde (Le Sud-Ouest) ⁷
- Enviro Educ-Action ⁺ (Gatineau) ⁸

Éco-quartier

- Centre Sainte-Cunégonde (Le Sud-Ouest) ⁷
- Chalet du parc Campbell-Ouest (Le Sud-Ouest)

Social Reintegration Service-Espadrille and YMCA Employment Services-La Boussole

- Montréal Detention Centre (Ahuntsic-Cartierville) ⁹

Service for Supervised Access Rights

- Centre Desjardins (Mercier-Hochelaga-Maisonneuve) ¹⁰

Compensatory Work/Projet Vélo-Parc

- Saint-Roch YMCA Community Office ^B

YMCA Homelessness Assistance-First Stop

- Gare d'autocars de Montréal (Ville-Marie) ¹¹

SCHOOL SUCCESS

L'Entre-Deux Cooperative Café

- École secondaire Antoine-de-Saint-Exupéry (Saint-Léonard)

Pathways to Education

- L'Auberge communautaire du Sud-Ouest ¹²

YMCA Alternative Suspension

- Montréal-Nord YMCA Community Office
- Saint-Roch YMCA Community Office ^B

- Carrefour Jeunesse-Emploi
- Arthabaska (Victoriaville) ¹³
- Laval ¹⁴
- L'Érable (Plessisville) ¹⁵
- Rivière-des-Prairies
- Trois-Rivières / MRC des Chenaux ¹⁶

- The Don Bosco Youth Leadership Centre (Rivière-des-Prairies)

- Corporation Mainbourg (Pointe-aux-Trembles)

Cree Regional Authority Justice and Correctional Services (Cree Nation Government) ⁺

- Chisasibi ¹⁷
- Mistissini ¹⁸
- Waskaganish ¹⁹

La Maison de Jonathan ⁺

- Longueuil ²⁰
- Saint-Hubert ²¹

Maison des jeunes

- Le Zénith (Saint-Léonard)
- L'Antidote (Duberger-Les Saules)
- Dawson Boys and Girls Club (Verdun)

LEGEND

Y YMCA Centre: Where the YMCA provides a full range of sports and community programs and services.

Y YMCA Point of Service: Where the YMCA offers youth, community and school success programs.

+ Delegated organization

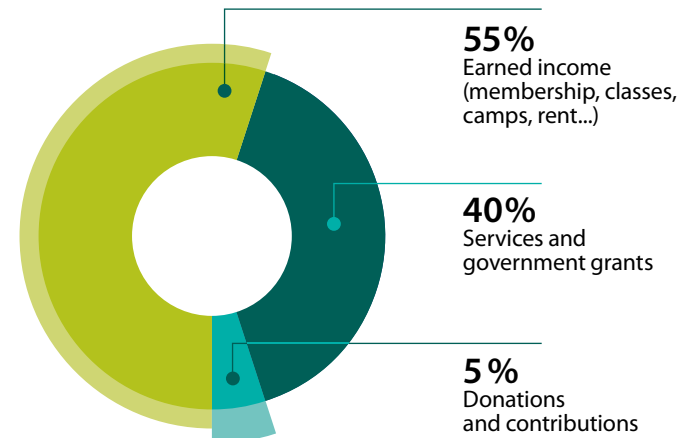
THE YMCAs OF QUÉBEC

Statement of operations

For the year ended
December 31, 2018

	2018	2017
	\$	\$
REVENUE		
Program activities	29,848,563	29,265,170
Fees for services and government grants	21,207,749	19,873,421
Rent	1,602,418	1,635,732
Grants for installations	1,915,939	1,774,401
Grants for installations - interest	193,299	240,905
Donations from the YMCAs of Québec Foundation	1,185,891	1,035,251
Centraide of Greater Montreal	1,786,248	1,618,852
Investment income	167,478	98,884
	57,907,585	55,542,616
EXPENSES		
Salaries and social benefits	33,676,984	30,423,265
Occupancy	9,992,499	8,942,823
Programs and administration	10,458,642	9,091,338
	54,128,125	48,457,426
EXCESS OF REVENUE OVER EXPENSES BEFORE THE FOLLOWING ITEMS	3,779,460	7,085,190
Net amortization	1,774,492	1,898,867
Interest and financing costs	297,661	226,530
Write-off of the advance receivable from the YMCAs of Québec Foundation	–	1,118,727
	2,072,153	3,244,124
EXCESS OF REVENUE OVER EXPENSES	1,707,307	3,841,066

2018 Revenue



Statement of financial position

As at December 31, 2018

	2018	2017
	\$	\$
Current assets	15,294,861	15,461,978
Long-term investments	1,519,905	1,541,811
Long-term receivables	2,962,794	4,310,752
Capital assets	34,394,881	34,584,901
TOTAL ASSETS	54,172,441	55,899,442
Current liabilities	10,490,019	10,656,303
Long-term debt and other liabilities	6,312,053	8,166,757
Deferred contributions related to capital assets	17,403,402	18,816,722
TOTAL LIABILITIES	34,205,474	37,639,782
NET ASSETS	19,966,967	18,259,660
TOTAL LIABILITIES AND NET ASSETS	54,172,441	55,899,442



The financial statements audited by Deloitte LLP are available at ymcaquebec.org

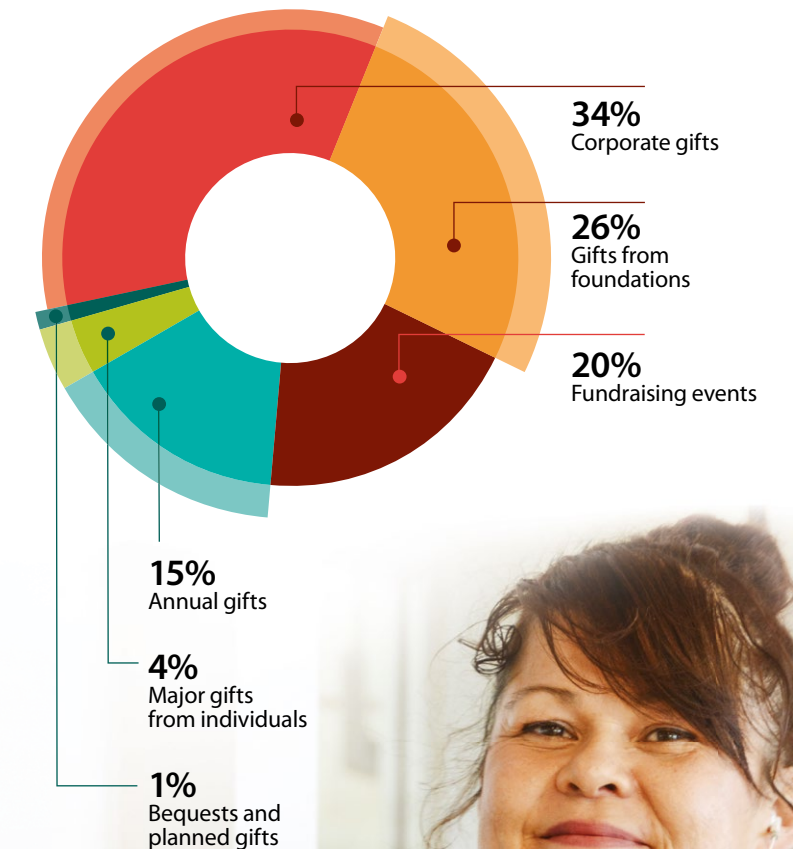
YMCAs OF QUÉBEC FOUNDATION

Statement of operations

For the year ended
December 31, 2018

	2018	2017
	\$	\$
REVENUE		
Donations and contributions	2,357,267	1,757,321
Investment income	122,468	294,031
	2,479,735	2,051,352
EXPENSES		
Operating expenses	199,395	172,219
Expenses inherent to revenue	804,260	796,322
	1,003,655	968,541
EXCESS OF REVENUE OVER EXPENSES BEFORE CONTRIBUTIONS	1,476,080	1,082,811
Contribution to the YMCAs of Québec	(1,606,973)	(1,391,925)
Gain on write-off of the advance from the YMCAs of Québec	–	1,118,727
	(1,606,973)	(273,198)
(DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES	(130,893)	809,613

Sources of donations



The financial statements audited by Deloitte LLP will be available in June 2019 at ymcaquebec.org

A SPECIAL THANKS TO OUR VOLUNTEERS

THE YMCAs OF QUÉBEC

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- The Sam Sorbara Charitable Foundation
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- Westmount Club de Natation des jeunes
- The William and Nancy Turner Foundation
- Three donors who wish to remain anonymous

MORE THAN
VOLUNTEERS
AND DONORS
PEOPLE
WHO CARE




MORE THAN A WELCOMING PLACE + AN INCUBATOR OF POTENTIAL

A caring presence makes all the difference in a young person's life. It is what every young person needs to discover his or her strengths and move forward towards a better future.

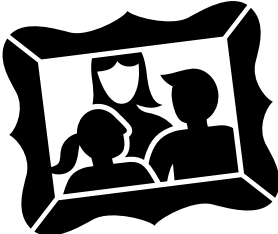
My name is Pablo.

I'm 12 years old.
This is my story.




I live with my mother and my little sister. My father is not here. My brother lives elsewhere.

My mother works two jobs and often can't be at home.




I feel different from the other students. They do not seem to get distracted as easily as I do.


I am not succeeding as well as I'd like. The other students make fun of me.



Before, when I was home, I had nothing to do. I was bored.




With all these challenges, Pablo could have cut himself off completely and given up all his dreams.




Then I started coming to the YMCA. I started going to the TeenZone.



You were there for me. You believed in me and in my abilities. Today, I feel better. I don't feel so alone.



It's also going better at school. I got advice on how to better organize my work and my time.




I do all my activities at the Y.


It's like my second home.



I do a lot of sports. And I also do my homework with a tutor. I am enjoying trying new things.



Leonardo, my youth worker, is like a big brother to me. When I'm older, I hope to do the same thing - I would like to help a young person who is facing the same issues as me.



My mother is happy because she knows that I am safe and that I am feeling good.



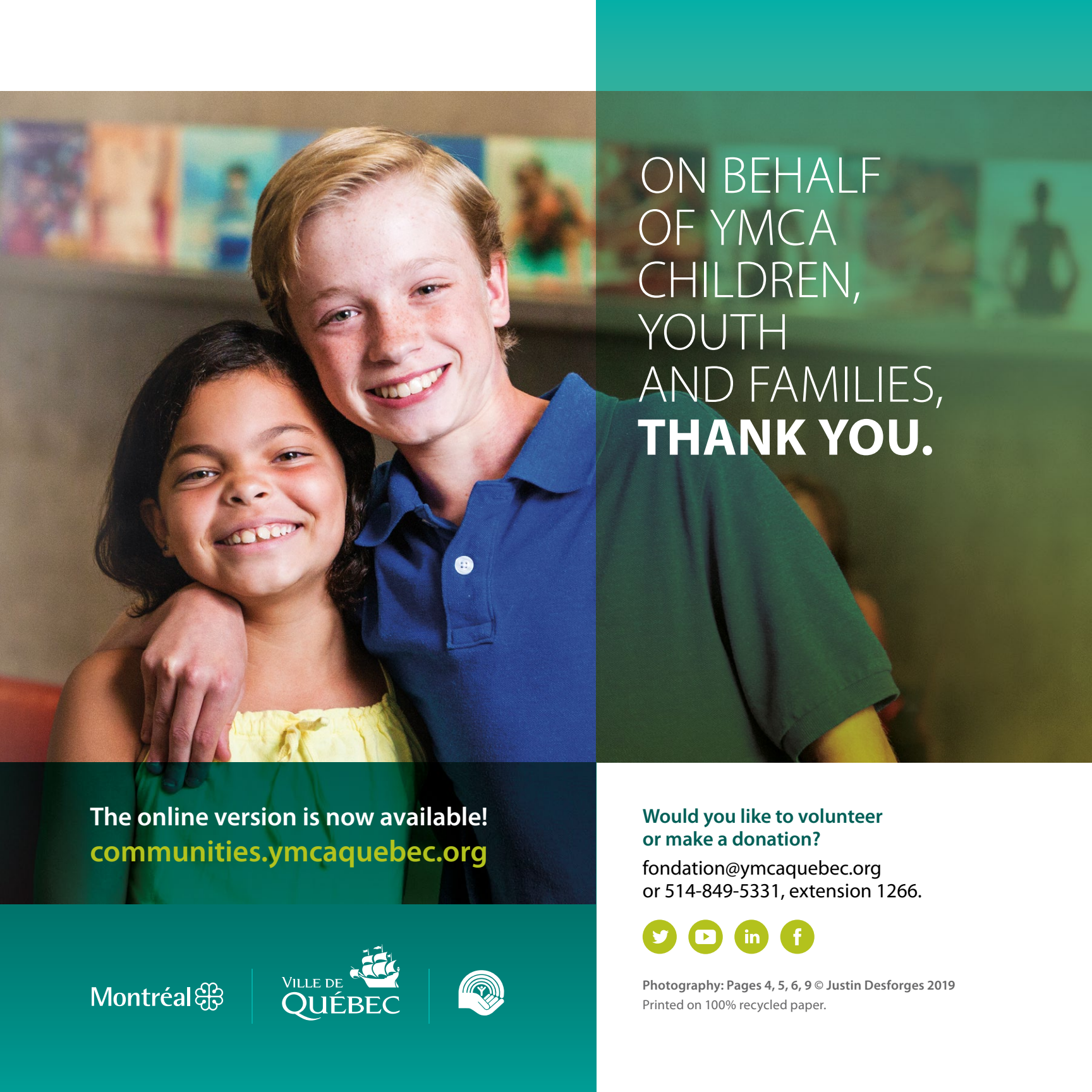

Relationships are at the heart of what children need to learn, grow and thrive. The evidence is unequivocal: successful children have often benefitted from at least one stable and engaged relationship with a caring adult — be it a mentor, a youth worker, a teacher or a volunteer.



THANK YOU!

This story is made possible by donors like you.

You are creating the favourable conditions necessary for Pablo and thousands of other young people to reach their full potential.



ON BEHALF
OF YMCA
CHILDREN,
YOUTH
AND FAMILIES,
THANK YOU.

The online version is now available!
communities.ymcaquebec.org

**Would you like to volunteer
or make a donation?**

fondation@ymcaquebec.org
or 514-849-5331, extension 1266.



Montréal 

VILLE DE
QUÉBEC 



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