



The YMCAs of Québec
YMCAs of Québec
Foundation

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



2017 COMMUNITY REPORT

"The Y is a place where
I can be free, play sports, learn,
socialize, have fun, feel like I'm
part of a family and most of all...

follow
my
dreams"

Evans, 12

MISSION

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



We couldn't
change lives
without you

– OUR DONORS, VOLUNTEERS,
EMPLOYEES AND PARTNERS –

YOU are giving children
who are struggling a chance
to succeed in school and in life.
YOU are getting kids off the street
and allowing them to reach
their full potential.
YOU are encouraging adults
and families
to stay active and connect
with their community.
YOU are lending a hand
to all these people when they
need it most, and are helping
them overcome life's challenges.

On behalf of the YMCA,

THANK
YOU!

This Community Report
is not only about the YMCA.

This Community Report
is first and foremost about
the difference YOU are
making in people's lives.

Maybe it doesn't seem
like much... And yet!

For a child who is on
his own after school,

For a young person
who is having serious
problems at home,

For a sedentary adult
who can go a week
without seeing anyone,

For a family who can't afford
activities for their children,

It means a lot.

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

Experts are sounding the alarm: Québec's youth are becoming less fit and more prone to illnesses like diabetes. This is a real public health issue. We must act now and encourage more young people to get moving in our programs.

**"The YMCA
is where
I conquered
my diabetes."**

Karmin

"December 21, 2016 – On this day, at the age of 21, I was diagnosed with Type 1 Diabetes. This meant a lifetime sentence of constantly monitoring my sugar intake and giving myself at least four injections of insulin a day. If I wasn't careful, my future could include limb amputations, vision loss, and even death.

I was encouraged to incorporate some physical activity into my schedule to keep my sugar levels in check. In doing so, I was able to not only improve my physical well-being, but also to alleviate the mental burden of being diagnosed with a chronic disease.

Now, I realize that the YMCA was more than just a way for me to get into shape. It was a place that empowered me to take the disease into my own hands."

Thanks to your help, YMCA members are not only improving their physical skills, but also gaining the self-confidence, motivation, and knowledge they need to make physical activity part of their daily lives.

**PROMOTING
HEALTHY
ACTIVE LIVING
FOR ALL**

Québec youth are facing several challenges: a high school dropout rate, sedentary behaviour, technology addiction, bullying, and marginalization. This is why it is so important to provide young people with a safe place where they can be active, learn and make connections.

When people think of an at-risk youth, what often comes to mind is someone who is aggressive, gets kicked out of class, or is in trouble with the police. But an at-risk youth can also be quiet and withdrawn...

Isolation, a lack of resources, problems at school... these are some of the risk factors that could have turned young Kared into one more statistic.

But, after only six months in the YMCA Plusone Mentoring program, Kared is more self-confident and independent, and feels less isolated. All thanks to having his mentor Kilsaris by his side.

HELPING YOUTH REACH THEIR POTENTIAL

With your support, the Y can give young people what they need to make positive choices and succeed. Interacting with caring adult role models and participating in rewarding activities creates a climate of trust and a sense of belonging that encourages youth to talk about their problems, big and small.

"I feel more free because I wasn't doing anything at home. I felt like I was in a cage."

Kared, 10

The news reminds us every day that we live in a time when social cohesion is fragile. More than ever, we must work towards creating a climate of fairness, inclusion, empathy and respect.

"Here, people feel like themselves."

Emanuel, Street Worker
Dialogue – Homelessness Assistance

LIVING TOGETHER IN HARMONY

By supporting us, you're investing in values like inclusion, kindness and respect, and you're making our programs more accessible to our fellow citizens, regardless of their age, origin, religion, sexual orientation or income.

Losing your job. Bankruptcy. Domestic violence... Anyone can end up on the streets. It doesn't take much. And it happened to Daniel L., Daniel F. and Jo Redwitch, who go to the Y to play sports for free. It's a place that helps them get back on their feet.

"The Y allows us to build ourselves up again without being judged." — Daniel L.

"I feel calmer. Because I'm not getting into trouble, it's better for society, and better for myself." — Daniel F.

"I think that if we had more places like this, we would have a lot less people on the street." — Jo Redwitch

TOGETHER,

let's build a better future
for our children, youth and families!



**A heartfelt thanks to all of you
who want to improve the quality
of life of our children so that:**

- More children** adopt healthy lifestyle habits.
- More youth** stay in school.
- More teens** reach their full potential.
- More families** in need have access to a fulfilling, active, healthy and engaged life.

Thanks to the generosity of nearly 3,000 donors, the Foundation raised a record amount of \$1.7 million in 2017. Individuals, families and companies – you are all at the heart of what we do, and we are working hard to tell you about the extraordinary impact of your donations.

Thank you for believing in the Y and its Foundation, and for renewing your support year after year.

Your dedication will ensure that our action endures for generations of children and youth in Québec.

A SPECIAL THANKS to our major donors

Alvin Segal Family Foundation
The Benguigui-Maas Family
The Birks Family Foundation
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Tangerine
Stéphane Vaillancourt
Eight individuals who wish to remain anonymous.

YMCA PEACE MEDALS, 30 YEARS ALREADY!

30 years of celebrating efforts to create more harmonious communities

100+ individuals or groups who have received a Peace Medal since 1987

165 years of working together for peace

400 guests who care about our youth

330,000 dollars to help YMCA youth succeed in school and in life

"I arrived in Boston on a Friday. The Opera House was closed. I spent three days on the street. Without warm clothes or money. The YMCA took me in. Thanks to the YMCA, I survived my first winter. It was the most meaningful gesture of my life."

Kent Nagano, Honorary Laureate, 2017 YMCA Peace Medals

"The evening was a great success — a testament to the spirit of sharing and support behind our communities and we can be proud of it."

Gregory Chrispin, President of the YMCAs of Québec Foundation and Executive Vice President, Wealth Management and Life and Health Insurance, Desjardins.

Thank you to Desjardins for presenting the event and to our sponsors:
CIBC, Cogeco, Manulife, PIMCO, RBC, Rogers and Servcorp

More children at the YMCA will grow up healthy thanks to Manulife!

Thanks to a generous donation of \$500,000 from Manulife to the YMCAs of Québec, several thousands of children aged 12 and under will develop the basic motor skills, self-confidence and motivation they need to stay active for life. A pilot program will be launched in our day camps starting June 2018.



IMPACT

In 2017, thanks to the commitment and vision of our 500 partners, 1,400 volunteers, 1,500 employees and 2,900 donors



120,000

people participated in our activities and services, including 40,000 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

3,000

students stayed in school

70,000

people improved their health and quality of life through exercise

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

7,000

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

5,700

children learned how to swim

700

youth had a transformative experience in nature at Camp YMCA Kanawana

2,000

young people thrived in our TeenZones

6,400

people broadened their horizons by learning a new language

7,300

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.

10

COMMUNITY AND SPORTS CENTRES

36

POINTS OF SERVICE

10

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

6,934

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

\$1.16M

A NEW YMCA IN QUÉBEC CITY

The City of Québec has asked the YMCA to manage the new Saint-Roch community and sports centre.

The centre will be built on the site of the former Charest Cinema on Du Pont Street in Lower Town. And since our Community Office is just a few steps away, we're already very familiar with the neighbourhood.



A MODERN AND BRIGHT CENTRE

- 25-metre pool
- Double gym
- Conditioning room
- TeenZone
- Studios for group classes
- Community rooms
- Large hall for gatherings
- Community kitchen
- Accessible rooftop with an outdoor studio and vegetable garden
- Language classrooms

THE YMCA HAS BEEN SERVING THE QUÉBEC CITY COMMUNITY FOR 163 YEARS.

- 1854** The YMCA begins its work in Québec City.
- 1880** The first YMCA centre opens at **Place D'Youville** in a building that would later house the Le Diamant theatre.
- 1940s AND LATER** The centre moves to various locations, including **René-Lévesque Boulevard** in the 1950s and **Wilfrid-Laurier Avenue** in the 1990s.
- 2002** Now located near the **Plains of Abraham**, the centre closes after the property is sold by the owner, but the YMCA still maintains several community programs on **Du Parvis Street** (school perseverance, day camp, environmental leadership, compensatory work...)

- "The governments of Canada and Québec and the City of Québec recognize the importance of having good recreational infrastructure that encourages healthy lifestyles and helps **make communities vibrant, inclusive places to live.**"

Joint press release from the governments of Canada and Québec and the City of Québec

- "Saint-Roch has long **anticipated** the YMCA community centre! It will reinvigorate the neighbourhood by enhancing and supplementing services and facilities that will **directly benefit people who need them the most.**"

Émile Piché, Interim Coordinator, Table de quartier l'EnGrEnAgE de Saint-Roch

- **Actively involved in central neighbourhoods for many years and working to create welcoming and innovative environments, GM Développement welcomes the arrival of the YMCA as excellent news and a major gain for Saint-Roch.**

Geneviève Marcon, President, GM Développement

This centre marks:

The return of all YMCA programs and services to the area (a community centre, gym and pool) more than 15 years after the closure of the Québec City YMCA centre.

A historic step for our now province-wide Association: our first YMCA community and sports centre outside of Montréal.

OUR NEXT CHALLENGE?

Raising \$1.5 million in order to:

Purchase furniture and sports equipment.

Make services accessible to the most vulnerable people in the Québec City community through our Financial Assistance Fund.



We look forward to welcoming our first participants in 2019!

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
- West Island YMCA
- Westmount YMCA

- And also...
- Camp YMCA Kanawana (Saint-Sauveur)
 - YMCA International Language School (Ville-Marie)
 - YMCA Residence (Westmount)

YMCA POINTS OF SERVICE

CHILDREN AND YOUTH

- Day Camps**
- (A) Centre récréatif Saint-Roch
 - (1) Collège de Montréal (Ville-Marie)
 - (2) Complexe Gadbois (Le Sud-Ouest)
 - (3) Springdale Elementary School (Dollard-des-Ormeaux)
 - (4) Twin Oaks Elementary School (Laval)
- Early Learning and Care**
- (5) Du Parc YMCA Daycare (Plateau-Mont-Royal)
 - (5) Du Parc YMCA-Ubisoft Daycare (Plateau-Mont-Royal)

- 16-24 Zone**
- (6) Maison des jeunes Le Zénith (Saint-Léonard)

- TeenZones**
- (7) Beurling Academy (Verdun)
 - (8) Westmount Recreation Centre

COMMUNITY PROGRAMS

- Refugee Reception Office**
- (9) Montréal Pierre-Elliott-Trudeau International Airport (Dorval)

- C-Vert**
- (B) Saint-Roch YMCA Community Office
 - (10) Cité des arts du cirque – TOHU* (Villeray–Saint-Michel–Parc-Extension)
 - (11) Centre Sainte-Cunégonde (Le Sud-Ouest)
 - (12) Enviro Éduc-Action* (Gatineau)

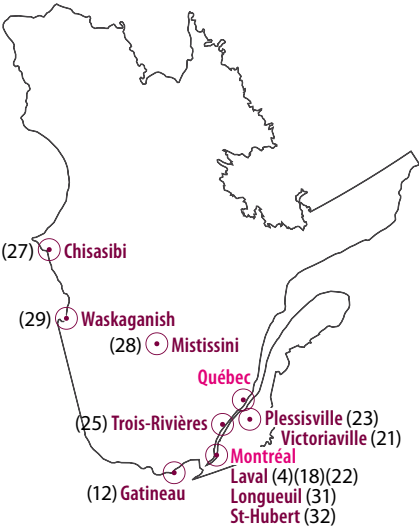
- Éco-quartier**
- (11) Centre Sainte-Cunégonde (Le Sud-Ouest)
 - (13) Chalet du parc Campbell-Ouest (Le Sud-Ouest)

- Social Reintegration Service – Espadrille and YMCA Employment Services – La Boussole**
- (14) Montréal Detention Centre (Ahuntsic-Cartierville)

- Service for Supervised Access Rights**
- (15) Centre Desjardins (Mercier–Hochelaga-Maisonneuve)

- Compensatory Work / Projet Vélo-Parc**
- (B) Saint-Roch YMCA Community Office

- YMCA Homelessness Assistance – First Stop**
- (16) Gare d'autocars de Montréal (Ville-Marie)



SCHOOL SUCCESS

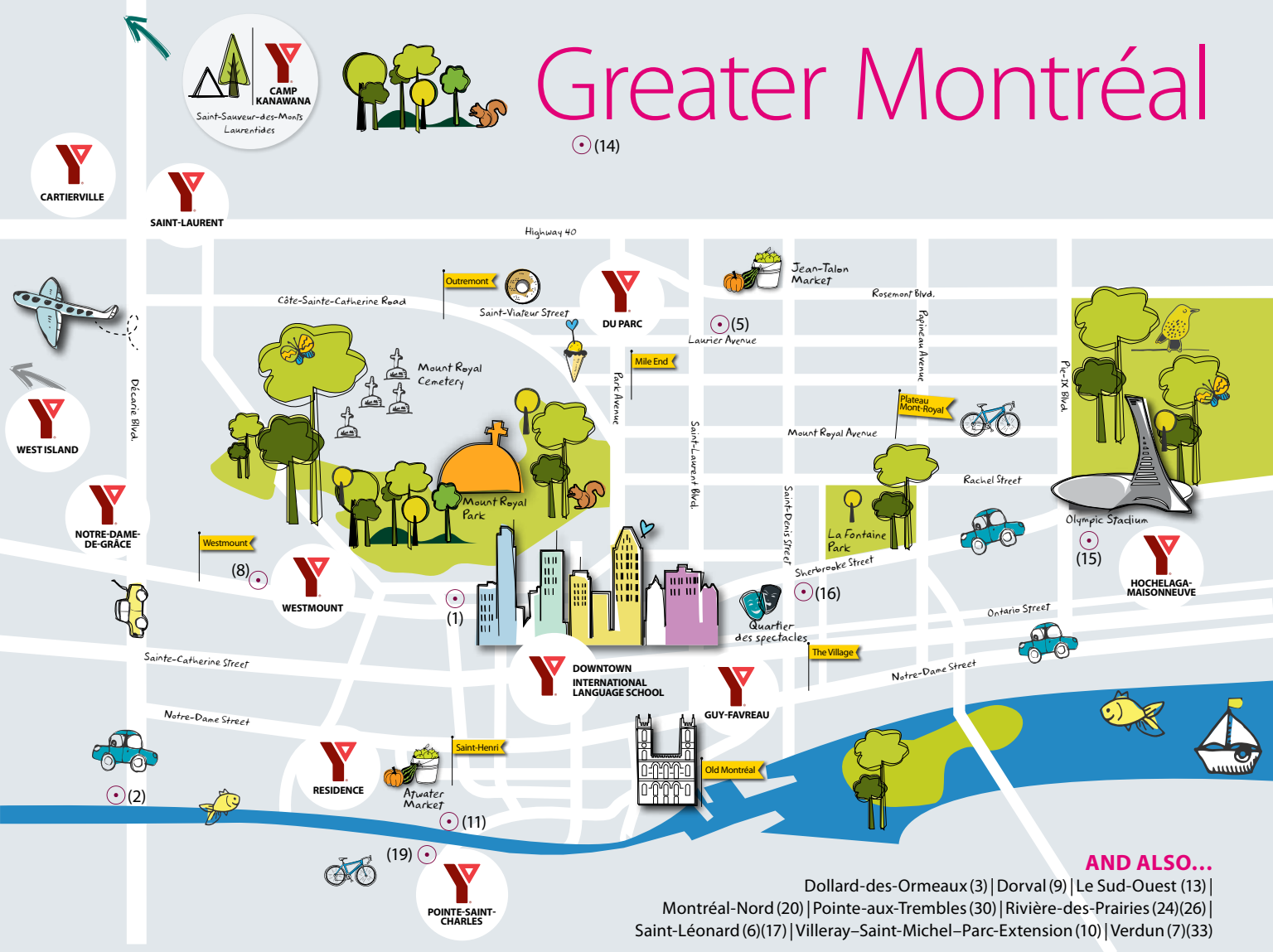
- L'Entre-Deux Cooperative Café**
- (17) École secondaire Antoine-de-Saint-Exupéry (Saint-Léonard)

- Pathways to Education**
- (18) Centre du Sablon (Laval)
 - (19) L'Auberge communautaire du Sud-Ouest

- YMCA Alternative Suspension**
- (20) Montréal-Nord YMCA Community Office
 - (B) Saint-Roch YMCA Community Office
- Carrefour Jeunesse-Emploi:**
- (21) Arthabaska (Victoriaville)*
 - (22) Laval*
 - (23) L'Érable (Plessisville)*
 - (24) Rivière-des-Prairies
 - (25) Trois-Rivières / MRC des Chenaux*
 - (26) The Don Bosco Youth Leadership Centre (Rivière-des-Prairies)
- Cree Regional Authority Justice and Correctional Services (Cree Nation Government)*:**
- (27) Chisasibi
 - (28) Mistissini
 - (29) Waskaganish
- Corporation Mainbourg (Pointe-aux-Trembles)**
- (30) Corporation Mainbourg (Pointe-aux-Trembles)
- La Maison de Jonathan*:**
- (31) Longueuil
 - (32) Saint-Hubert
- Maison des jeunes:**
- (6) Le Zénith (Saint-Léonard)
 - (C) L'Antidote (Duburger-Les Saules)
 - (33) Dawson Boys and Girls Club (Verdun)

LEGEND

- YMCA Centre:** Where the YMCA provides a full range of sports and community programs and services.
- 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, 2017

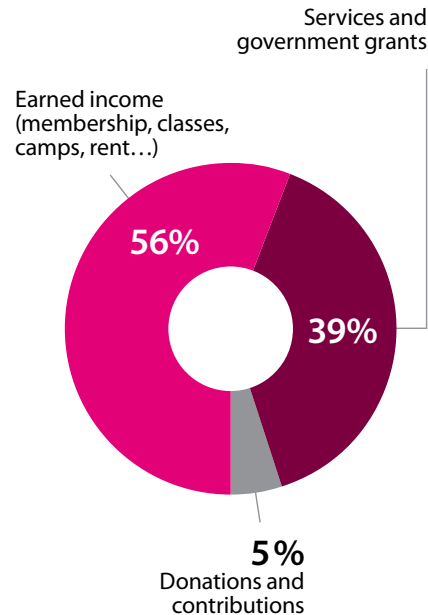
	2017	2016
	\$	\$
REVENUE		
Program activities	29,265,170	28,196,054
Grants for programs	19,873,421	14,895,141
Rent	1,635,732	1,753,444
Grants for installations	1,774,401	1,772,882
Grants for installations – interest	240,905	315,601
Donations from the YMCAs of Québec Foundation	1,035,251	1,081,824
Centraide of Greater Montreal	1,618,852	1,404,454
Investment income	98,884	57,208
	55,542,616	49,476,608
EXPENSES		
Salaries and social benefits	30,423,265	28,867,427
Occupancy costs	8,942,823	8,408,608
Programs and administration	9,091,338	7,987,266
	48,457,426	45,263,301
EXCESS OF REVENUE OVER EXPENSES BEFORE THE FOLLOWING ITEMS	7,085,190	4,213,307
Net amortization	1,898,867	2,052,852
Interest and financing costs	226,530	343,227
Write-off of the advance receivable from the YMCAs of Québec Foundation	1,118,727	–
	3,244,124	2,396,079
EXCESS OF REVENUE OVER EXPENSES	3,841,066	1,817,228

Statement of financial position

as at December 31, 2017

	2017	2016
	\$	\$
Current assets	15,461,979	11,087,906
Long-term investments	1,541,811	1,546,781
Long-term receivables	4,310,751	6,823,323
Capital assets	34,584,901	35,465,928
TOTAL ASSETS	55,899,442	54,923,938
Current liabilities	10,656,303	10,603,648
Long-term debt and other liabilities	8,166,757	9,732,819
Deferred contributions related to capital assets	18,816,722	20,168,877
TOTAL LIABILITIES	37,639,782	40,505,344
NET ASSETS	18,259,660	14,418,594
TOTAL LIABILITIES AND NET ASSETS	55,899,442	54,923,938

2017 Revenue



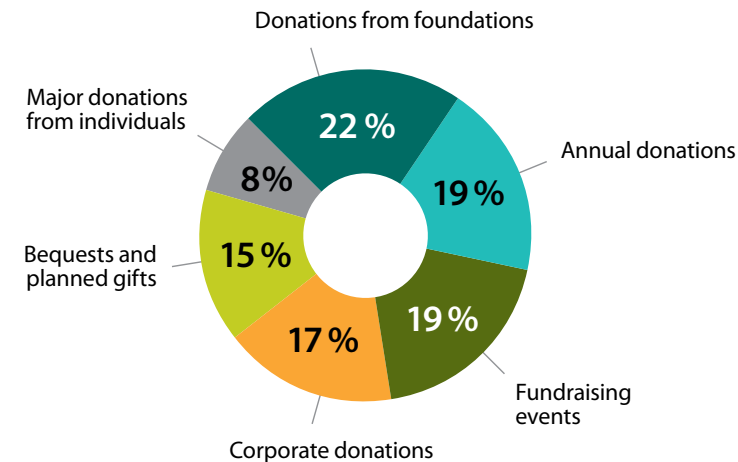
The financial statements
audited by Deloitte LLP
are available at ymcaquebec.org

YMCAs of Québec Foundation

Statement of operations

for the year ended December 31, 2017

Donation sources



	2017	2016
	\$	\$
REVENUE		
Donations and contributions	1,757,321	1,033,548
Investment income	294,031	321,189
	2,051,352	1,354,737
EXPENSES		
Operating expenses	172,219	197,480
Expenses inherent to the revenue	796,322	858,003
	968,541	1,055,483
EXCESS OF REVENUE OVER EXPENSES BEFORE THE FOLLOWING ITEMS	1,082,811	299,254
Contributions to the YMCAs of Québec	(1,391,925)	(1,088,109)
Gain on write-off of the advance from the YMCAs of Québec	1,118,727	–
	(273,198)	(1,088,109)
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	809,613	(788,855)

The financial statements audited by Deloitte LLP
will be available in June 2018 at ymcaquebec.org



THE YMCAs OF QUÉBEC

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*Executive Committee member
**Resignation during term of office



A father is dropping off his child at daycare



A mother and her baby are taking a class



A volunteer is mentoring an at-risk youth



Young adults are learning French



Little girls are learning how to swim



Community groups are getting together



A tutor is helping a student with her homework



Teens are bonding at the TeenZone



Children are playing basketball after school


PEOPLE
WHO CARE
VOLUNTEER LEADERSHIP



MORE THAN A GYM.
A CAUSE.

AT ANY GIVEN
TIME AT THE





**On behalf of YMCA
children, youth
and families,
THANK YOU.**

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

Would you like to volunteer or make a donation?
fondation@ymcaquebec.org or 514-849-5331, ext. 1266

Photography:

© Justin Desforges

Models of the YMCA centre in Québec City:

Design and production: CCM2+ STGM Architectes

3D illustrations: Parallèle

All photos are of participants at the YMCA.

Printed on 100% recycled paper.

Montréal 

VILLE DE

QUÉBEC

