



The YMCAs of Québec
YMCAs of Québec
Foundation

170 YEARS
OF IMPACT

2021 Community Report

RISING to **CHALLENGE**

To inspire and encourage all people to reach their full potential, thrive and contribute to their community.

inclusion
respect
solidarity
boldness
caring
performance

Cover: Aisha, TeenZone Youth Worker

Nancy Audette
Chair of the Board of Directors
The YMCAs of Québec

Claudie Imbleau-Chagnon
President
YMCAs of Québec Foundation

Stéphane Vaillancourt
President and CEO
The YMCAs of Québec



Message from the Presidents

This past year was another challenging one for all of us, as individuals, organizations, and as a society. It was a year of shuffling and reshuffling as programs and services shut down and reopened. Year 2 of the pandemic forced us all to become masters in the art of adaptation. If one thing was now clear, it was how fast the world around us could change. And, in turn, how we had to change to meet new needs, new habits, and new ways of living.

These profound changes forced us to adapt, building up our resilience to get through these difficult times and better prepare for the challenges that lay ahead. As individuals and families continued to struggle through the pandemic, the Y focused on providing the services and tools to help them cope—childcare and day camp programs, financial assistance, stimulating kids and youth activities, social inclusion services, sports, fitness and aquatic activities, food assistance, and many others. Because for us, these are the very building blocks of resilience and well-being. And more than ever, we were reminded that building resilience requires more than just the right tools. We also need a strong and caring support network.

In 2021, we once again witnessed an incredible show of solidarity. Our committed staff and volunteers worked relentlessly day after day to support our members and participants, our generous donors gave in record amounts, and our partners, some old,

some new, lent their support to help us transform, so we could continue to have a positive impact far beyond our walls and beyond the pandemic.

It is thanks to all of you that we celebrated our 170th anniversary this year and that we feel ready to take on the challenges of the future.

Community support has carried us through the years, and today, you show us what it means to be part of the big Y family—a caring community where everyone is welcome and encouraged to thrive and fulfill their potential. You showed us that together it is always easier to rise to the challenge.

Thank you!

A few key milestones from our 170 years

1851



First YMCA in North America opens in Montreal.

1870



Night school classes open to all, including women and immigrants.

1890



Ahead of its time, the YMCA starts offering sports and fitness activities.

1894



Opening of Camp YMCA Kanawana, Quebec's first overnight summer camp.

1980-1990



Creation of youth centres and employment services.

1970-1980



Opening of daycares, preschools, and after-school programs to support working parents.

1965



Opening of the International Language School.

1910



Launch of the first national swimming instruction program.

1984



YMCA Residence begins welcoming asylum seekers and refugees.

1999



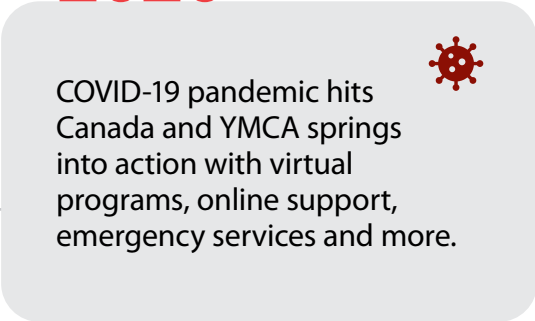
Alternative Suspension is created to help prevent at-risk students from dropping out of school.

2007



Camp YMCA Kanawana builds sustainable facilities and introduces programs to strengthen environmental education.

2020



COVID-19 pandemic hits Canada and YMCA springs into action with virtual programs, online support, emergency services and more.

2021

2021 at a Glance

Offered

OUTDOOR AND VIRTUAL FITNESS CLASSES

to support members beyond our walls and during gym closures.

Provided **337 at-risk youth** with the opportunity to participate in outdoor activities through the

BOUGE TON ÉTÉ

project, helping them maintain healthy lifestyle habits and mitigating the impacts of the summer learning loss.

Supported close to **1,700 youth** through engaging and empowering activities in our **TEENZONES**.

Expanded our **DAY CAMPS** to **Pierrefonds-Roxboro**, reaching some of the most underserved communities in Canada.

Signed an agreement with the City of Pointe-Claire to

TRANSFORM

the YMCA building into a municipal sports and community centre with integrated YMCA programming.

Launched the innovative

WEB WALKERS

program to reach vulnerable youth online and be on the lookout for dangerous situations.

Provided **129 families** with the tools to support their children in elementary school through the

ÉCOLE-FAMILLE-COMMUNAUTÉ

Created our new

SOCIAL REINTEGRATION AND INCLUSION

sector to better serve the most vulnerable members of society and those most impacted by the pandemic.

Offered

BASIC SERVICES AND PSYCHOSOCIAL SUPPORT

to over **600 people experiencing homelessness** in downtown Montreal.

Hosted the **2021 Peace Medals Gala** celebrating

DIVERSITY AND SOCIAL HARMONY.

170 Years Young: A Story of Transformation

This year, we celebrated our 170th anniversary.

As we look back, we see how our story has been shaped by constant transformation and by our desire to meet the needs of communities. As society evolved and social needs and issues changed, so did our programs and approach.

THEN...

- **In 1853**, barely two years old, we created our first outreach program to help those less fortunate. **Today**, we offer various programs that focus on skills development and empowerment.
- **In 1894**, we opened Camp Kanawana. **Today**, Camp Kanawana is one of only two green camps in the province and our day camps are renowned for their commitment to including children with different needs.
- **In the 1960s**, our social workers pioneered frontline work to help young people struggling with addiction. **Today**, Toxico, our substance abuse prevention program, reaches over 4,000 at-risk youth in 19 high schools.
- **In the 1970s**, our childcare services met the growing needs of working parents. **Today**, our youth programs help support kids inside and outside the classroom.
- **In 1999**, Alternative Suspension started in one school, in one neighbourhood. **Today**, the model has been expanded across Canada and internationally with sites in Ireland, France, and the UK.

...AND NOW

In 2021, we also started to see some of the pandemic's longer-term effects: disproportionate learning loss from school closures, increases in homelessness, food and financial insecurity, substance abuse and mental health issues, and domestic violence.

As society struggles to address current needs, we must look to the future and prepare for the aftermath as communities will rely more on organizations such as the Y.

This means focusing our energy on where we have the most impact.

It means making tough decisions, strengthening relationships, and working with key stakeholders. It means finding ways to take services outside our centres to increase access and adapt to local needs. We can only achieve this if we are willing to change. So that the Y continues to be a place where people come to transform. As it has been for 170 years and as it is committed to being for the next 170!

Meet Tolin

Tolin, a young woman who loves reading true crime books and skateboarding, has moved a lot in the past few years. Fleeing the violence in Syria, her family was sponsored by relatives in Saudi Arabia, before finally coming to Canada two years ago.

As a newcomer and a teenager, it can be daunting to start over in a new country, both socially and academically. Her school referred her to our PIVOT program where she met our youth worker Crystal and the two formed a close bond.

Over the holidays, they volunteered together making greeting cards for the elderly. They are also working on Tolin's CV so she can find a first job and finishing up her application to CEGEP where she hopes to study health sciences.

Having Crystal by her side has given her confidence and a trusted person to talk to and rely on. In her own words: "talking to Crystal is the best part of my day."

"You just get to make friendships, and someone who would be there for you to support you at all times..."

—Tolin, PIVOT program participant

 Discover her story:
communities.ymcaquebec.org



IMPACT

The PIVOT program youth workers integrate the school setting to act as an extension of its internal support system. They identify the needs of the participants and connect them to the resources they need in the community, complementing the school services, and expanding their support network.

This helps participants build confidence, succeed in school and in life, and go on to contribute to building stronger and more resilient communities.

2021 in Numbers

26,595 people served
despite numerous closures
and suspension of activities

YOUTH SUCCESS

12,000
youth

13,000 hours
of academic support
provided to high school students

15,000 participations
in TeenZone activities
for 12- to 17-year-olds

+ 4,000 students
reached through our Toxico
substance abuse prevention
workshops and 293 individual
follow-ups

+ 450 youth
received individualized online
psychosocial support

330 teens
broadened their horizons
through cultural exchanges
and the C-Vert environmental
engagement program

THRIVING FAMILIES

+ 2,000
families

+ 4,000 registrations
in our adult and youth
language courses

+ 1,500 families
received food assistance and
1,150 school kits were distributed

150 families
benefitted from
psychosocial support

1,112 kids
attended our day camps

62 kids
with different needs and abilities
participated in our day camp
Companion program

129 families
received tools to support their
children through elementary
school thanks to the École-Famille-
Communauté program

380 parent-child relationships
maintained through our
Supervised Access Rights program

ACTIVE AND HEALTHY COMMUNITIES

8,495
people

241,543 visits
in our 5 centres, despite
months of temporary closures

430 swimming sessions
for a total of 3,870 private
and group lessons

107 fitness courses
offered in outdoor settings

600 seniors
stayed active through our fitness,
art, and recreational activities

+ 400 people
reached through our activities
in parks

FINANCIAL ASSISTANCE

\$166,859

968 children, teens and adults
received financial assistance
removing financial barriers that
prevented them from participating
in our activities and programs

SOCIAL INTEGRATION AND PREVENTION OF EXCLUSION

+ 4,500
people

+ 1,600 people
experiencing homelessness
received support

750 seniors
reached online, in-person
or over the phone

550 people
with criminal records helped
with their social reintegration

160 people
with disabilities or
neurodevelopmental disorders
participated in our activities

1,800 people
oriented to 250 community
organizations so they could
work off fines through
compensatory hours

150 teen and adult offenders
worked to repair the harm
done by their actions




Meet Daniel

Wanting to work out on his lunch break, Daniel joined the YMCA over 20 years ago. He soon discovered that the Y was so much more than a gym and saw the important role it plays in his neighbourhood.

For him, the local Y is a real community hub; a place where people of all ages come together to socialize, participate in activities, make friends, and find the support they need to succeed.

So when Daniel and other members feared that the Notre-Dame-de-Grâce YMCA's closure because of the pandemic could become permanent, the group spoke up to express how much their Y means to them. They wanted to show their support for the centre and help ensure its continued presence in the neighbourhood.

Today, thanks to our members' support, the Notre-Dame-de-Grâce YMCA has reopened its health and fitness activities and continues to support youth, families, and the community through a wide range of programs. And Daniel continues to volunteer at the local and municipal levels, fighting for what he thinks is important and hoping to make a difference.

 **Discover his story:**
communities.ymcaquebec.org



IMPACT

The YMCA encourages individuals to actively participate in society and contribute to their community. We believe that individual empowerment gives people the means to better understand and master the different issues that affect them, and therefore allows them to act as individuals and as part of a community to improve their own living conditions. In addition to building self-esteem, it gives them a sense of purpose and positively affects their health and well-being.

"I think I was sort of at that point, of giving back to others."

— Mikah, former La Boussole participant and Dialogue employee



Meet Mikah


While living in a social reintegration centre, Mikah was told he had to take part in reintegration programs and workshops. Strong-willed and independent, he decided to find a program on his own; one that would meet his individual needs.

He discovered the YMCA's La Boussole program, which helps people with criminal records in their job search or assists them in going back to school. But Mikah found a lot more at the Y. For him, La Boussole was a springboard for discovering his passion ... in his own way and at his own pace. Today, he has completed his high school credits, works at the Downtown YMCA with people experiencing homelessness, aims to start a university certificate in substance abuse counselling, and hopes to become an outreach worker.



IMPACT

At the YMCA, we believe that every person has a place in the community and we are committed to making sure they are heard and valued. By providing specialized and adapted support, we help ex-offenders and people experiencing homelessness reintegrate into the community, build their self-confidence, develop new skills, and reach their goals. Recidivism rates are reduced and vulnerable individuals become engaged members of their community.

 **Discover his story:**
communities.ymcaquebec.org

What incredible support we saw again from our community this year!

Whether it was through charitable gifts, donations of food and essential items, volunteering, participation in our fundraising events, or even just words of encouragement, your generosity, trust, and support have meant so much to us and the people we serve.

Thank you for helping us bring our mission and impact to life.

The pandemic context encouraged us to turn our yearly one-day YMCA Challenge into a virtual month-long challenge with a unique twist. Over 600 kids, adults, and families from Montreal and Quebec embraced three daily challenges focusing on physical health, mental health, and collective health.

And oh my, did people ever get creative! From morning meditation to lunchtime virtual Zumba to neighbourhood cleanups and daily calls to friends living alone, participants really rose to the challenge. We especially loved the three goals set by Sean, our Regional Director of Camps:

- Walking 10,000 steps every day
- Forest bathing (immersing myself in the sights and sounds of nature).
- Raising money to help children from low-income families and children with diverse abilities join the YMCA camp community

The Challenge also highlighted how important physical activity is for us all, especially kids. After months of lockdown, cancelled sports and activities, kids really needed to get moving.



Dozens of children like Olivia and Zachary participated in the YMCA Challenge

And thanks to our incredible participants and donors, we raised \$63,000 for our camps, providing families with financial assistance and welcoming campers with different needs and abilities into our Companion program.

YMCA
CHALLENGE
JUNE 1-22

YMCA PEACE MEDALS 2021

The YMCA Peace Medals Gala was back as an in-person event and was streamed live, for the very first time, on our social media, with more than 1,700 views!

As always, the event celebrated individuals and groups who work tirelessly to build a more peaceful, harmonious, inclusive, and diverse world. This year, we also sought to highlight their commitment to fighting the pressing issues of our times such as racism and violence against women. Thanks to the generosity of our major partners, 200 guests and other donors, we raised \$288,000 for our youth programs.

Congratulations to our incredible laureates. Your work is a true inspiration!

Dr. Stanley Volland
Individual for Peace

La voix des jeunes compte
Youth Peacemaker

The Shield of Athena
Organization for Peace

**Équité 25³ — Equity Fund
for Diversity and Inclusion —
Caisse de dépôt et
placement du Québec**
Company for Peace

Décoloniser l'histoire
Coup de cœur

Discover their stories:
peace.ymcaquebec.org

LAUREATES

2021 HONORARY LAUREATE Michèle Taïna Audette

With degrees in visual arts and art education, Michèle Taïna Audette received an honorary doctorate from the University of Montréal in 2018 for her political and social engagement defending the rights of Indigenous women.

She was president of Quebec Native Women and Native Women's Association of Canada as well as commissioner for the National Inquiry into Missing and Murdered Indigenous Women and Girls.

Since the fall of 2019, she is senior advisor on Reconciliation and Indigenous Education at Laval University. On July 29, 2021, Ms. Audette was appointed to the Senate of Canada.



to our major donors

[illegible]

“Learning a new language is discovering a new world...”

— Stella et Patrick, students at the YMCA International Language School, members and donors

Meet Stella and Patrick

When the pandemic began, Stella and Patrick saw their favourite activities—sports, theatre, travel, and many others—put on hold. After falling in love with Spain on their previous travels, they decided to learn Spanish as their “COVID project.”

For them, it was a way to enrich their own lives, to broaden their horizons, and to keep their minds active! To date, Stella has completed eight language levels and Patrick is not far behind. Stella hopes to be perfectly fluent for their next trip to Spain and would like to volunteer with the Hispanophone community in Montreal. Patrick, for his part, hopes to be able to read *100 Years of Solitude* in its original Spanish.



Discover their story:
communities.ymcaquebec.org



● IMPACT

Learning a new language is an opportunity for personal and professional growth. It allows us to broaden our horizons, strengthens connections, deepens our understanding of other cultures, and improves our memory.

Statement of operations

For the year ended December 31, 2021

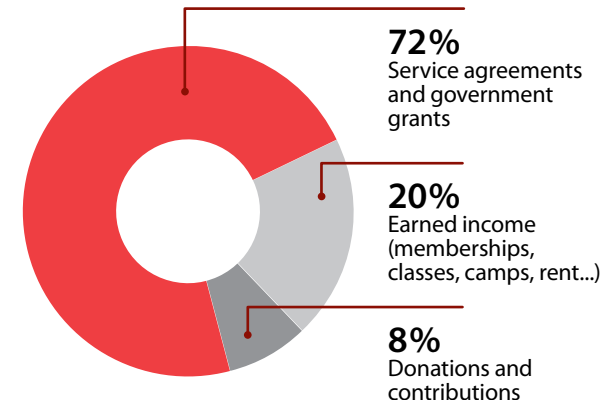
| | 2021 | 2020 |
|--|-------------|-------------|
| REVENUE | 42,016,784 | 43,018,600 |
| EXPENSES | 42,386,064 | 40,965,514 |
| (DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES BEFORE AMORTIZATION, INTEREST AND FINANCING COSTS | (369,280) | 2,053,086 |
| AMORTIZATION, INTEREST AND FINANCING COSTS | (1,790,566) | (2,113,322) |
| (DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES BEFORE EXTRAORDINARY ITEMS | (2,159,846) | (60,236) |
| DISPOSAL AND WRITE-OFF OF CAPITAL ASSETS | 7,676,538 | 7,882,056 |
| EXCESS OF REVENUE OVER EXPENSES | 5,516,692 | 7,821,820 |

Statement of financial position

As at December 31, 2021

| | 2021 | 2020 |
|----------------------------------|------------|------------|
| TOTAL ASSETS | 65,449,971 | 60,756,617 |
| TOTAL LIABILITIES | 30,913,647 | 31,736,985 |
| NET ASSETS | 34,536,324 | 29,019,632 |
| TOTAL LIABILITIES AND NET ASSETS | 65,449,971 | 60,756,617 |

The YMCAs of Québec 2021 Revenue



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



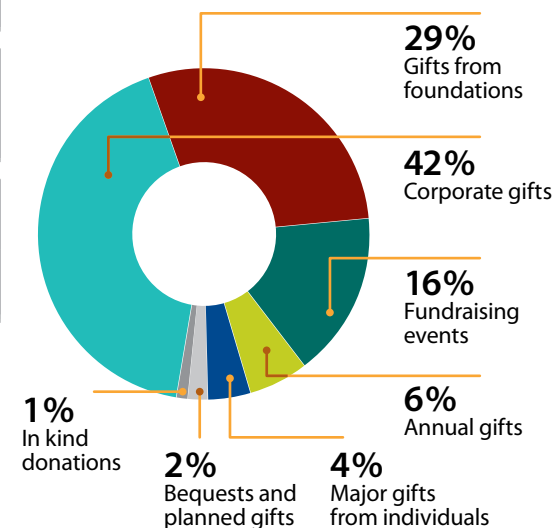
Statement of operations

For the year ended December 31, 2021

| | 2021 | 2020 |
|---|-------------|-------------|
| REVENUE | 3,123,767 | 3,187,847 |
| EXPENSES | 625,117 | 539,574 |
| EXCESS OF REVENUE OVER EXPENSES BEFORE CONTRIBUTIONS TO THE YMCAS OF QUÉBEC | 2,498,650 | 2,648,273 |
| CONTRIBUTIONS TO THE YMCAS OF QUÉBEC | (2,240,817) | (2,642,554) |
| EXCESS OF REVENUE OVER EXPENSES | 257,833 | 5,719 |

The financial statements audited by Deloitte LLP will be available in June 2022 at ymcaquebec.org

YMCAs of Québec Foundation 2021 Donation Sources



Volunteer Leadership 2021

To inspire each person to become the best version of themselves and actively contribute to their community, we work hard every day to offer a rich and dynamic organizational environment.

Our boards of directors and committees are made up of committed volunteers who donate countless hours to giving back to their community, and our local advisory boards present an opportunity for members and local organizations to offer their perspective on local/community needs and contribute to our decision-making processes.

The YMCAs of Québec Board of Directors

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The Late Marcel Côté (2010)
Michael Novak (2012)

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Innovators)

Daniel Matte
(TACT Consulting Firm)

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of Longueuil)

Michel Forgues
(The YMCAs of Québec)

Isabelle Lamarre
(ABB)

François L. Morin
(Borden Ladner Gervais)

Honorable Louise Otis
(Mediator and Arbitrator)

* Member of the Executive Committee



Online version:



communities.ymcaquebec.org



For more information
or to make a donation:



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514 849-5331, ext. 1249

Montréal 

VILLE DE
QUÉBEC 

