



YMCA OF SOUTHWESTERN ONTARIO
A LEADER IN CONNECTING COMMUNITIES

MESSAGE FROM OUR CHAIR & CEO

In many ways 2019 now seems distant amidst the current COVID-19 pandemic, but for our Y it was an important year filled with significant achievements that warrant reflection and celebration.

We built upon the success of our unification of two Ys, strengthening the bonds between our over 170 locations across Southwestern Ontario, making new connections, expanding our services, and leading new initiatives. The past year demonstrates that our Association is connected by a community of staff and volunteers, participants, a determination to link with others, and our mission to serve our communities through collaboration.

This snapshot of our accomplishments serves as a powerful reminder that the YMCA of Southwestern Ontario is an ever evolving and adaptable organization, deeply committed to meeting the needs of our members and participants. Going forward, our communities will need the YMCA more than ever, and these recent successes showcase our ability to lead in developing creative solutions, to connect and collaborate with partners, and respond to community needs.

In times like these, it's important to reflect on our impact and celebrate our successes, and the people who made them possible. On November 1, we celebrated our first anniversary as the unified YMCA of Southwestern Ontario. We expanded our Children's Educational Services with a new Child Care centre in Lucan and expanded infant and toddler programs at the Y Learning and Career Centre in Sarnia. Our YMCA Newcomer Services led the innovative WE Value Partnership in Windsor in collaboration with more than 50 local partners, to streamline the intake process and support



successful newcomer settlement. Our Health and Fitness Team launched our YThrive program across Canada via MGI, bringing accessible wellness programming to new communities nation-wide.

"In times like these, it's important to reflect on our impact and celebrate our successes, and the people who made them possible."



Our YMCA remains committed to connecting people of all backgrounds and abilities, and enriching communities through growth of mind, body, and spirit in all circumstances. Thank you to all our staff, volunteers, and partners who contributed to reaching our goals and making a difference in our communities. Let's draw from the strength and perseverance of our organization in 2019 and channel that spirit moving forward.

Let's stay connected and committed, together.

Andrew Lockie
CEO, YMCA of Southwestern Ontario

Michael Hodgson,
Chair, YMCA of Southwestern Ontario



YEAR IN REVIEW

Lucan YMCA Child Care Centre opens
Y Opportunities receives a service grant from the Government of Canada
YMCA launches the use of a new HR Employee tool, Dayforce



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Move-a-thon fundraisers in Child Care centres across the region raise \$36,000 for Strong Kids

Bob Hayward YMCA celebrates their renovation and Ontario Trillium Foundation grant

Inspiring Women in Huron Awards raise over \$10,000 for the YMCA and Huron Women's Shelter

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Petrolia YMCA celebrates 1st anniversary of their HFA centre!

Children's Educational Services Professional Development Conference honours 2019 award winners

Wortley YMCA hosts the 2019 Newcomer Youth Conference in partnership with community organizations

YMCA Women of Excellence Awards honours 8 inspiring women and raises over \$195,000!

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SWEAT for Strong Kids events take place in 6 communities in the region, raising \$141,000

YMCA Windsor at Central Park Athletics receives a \$20,000 grant from the Canada Post Community Foundation

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JMFC in Sarnia celebrates a \$150,000 grant from the Ontario Trillium Foundation

Fun & final YMCA CHOK International Bridge Race in Sarnia

YMCA Celebration of Youth Awards honour youth making a difference in Chatham-Kent, Sarnia-Lambton, and Goderich-Huron

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Y Camps hosts 120 campers in inclusion supported camping experiences

363 kids were able to attend camp with over \$217,000 in support through YMCA Strong Kids

1795 weeks of camp were subsidized through YMCA Strong Kids



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JMFC (Sarnia) undergoes refresh renovations to HFA spaces

12 participants and 4 staff travel to Alberta for 10 days as part of Project North, visiting and contributing to local communities

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6th annual Jordan's Run the Runway raises over \$138,000 at the London Airport

Bostwick Community Centre, YMCA, & Library celebrates 1st anniversary with a community BBQ

Our annual Fill the Bus campaign finishes, raising over \$45,000 for YMCA Strong Kids, the equivalent of 300 kids on the bus!

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YThrive launches in YMCAs across Canada!

WE Value Settlement Assessments launched in Windsor after 18 months of development

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Petrolia YMCA gets a refresh to their fitness centre

YMCASWO launches the national youth engagement program YMCA Community Action Network (YCAN)

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Y locations in London participate in the annual Business Cares Food Drive, which raises a total of 476,000 pounds worth of food in donations



1st Anniversary as a unified Association
Peace Week breakfasts honour local changemakers in their communities



OUR STAFF

Community Leaders

The YMCA isn't just a workplace - it's a collaborative group of individuals who serve as community leaders. Our staff are the Y's greatest champions, contributing over \$100,000 to the YMCA Strong Kids staff campaign in 2019! This is also reflected in the way our amazing Children's Educational Services staff goes above and beyond for Move-a-thon each year, decorating, baking, securing auction items, and so much more.

Many of our staff participate in other community projects and events in their personal time, like our Language Instructors in London and Windsor who organized Terry Fox Run events with their newcomer students. It is this connection to community that strengthens our bond as an Association as we grow and adapt.



In 2019, Finance and Marketing & Communications welcomed new VP's. Both departments took on a new team structure and service model to support all areas and communities across Southwestern Ontario.

Why We ♥ Our Staff

AFTER HEARING NEWCOMER YOUTH WANTED TO LEARN MORE ABOUT LOCAL FIRST NATIONS, THE LANGUAGE SKILLS PROGRAMS & SETTLEMENT TEAM AT THE YMCA LEARNING & CAREER CENTRE IN SARNIA COORDINATED 6 COMMUNITY MEETINGS TO SHARE CUSTOMS AND TRADITIONS.

STAFF FROM THE JOHN MCGIVNEY CENTRE IN WINDSOR VOLUNTEERED TOGETHER FOR EPILEPSY OF SOUTHWESTERN ONTARIO'S SEIZE THE DAY WALK, LEADING CHILDREN'S ACTIVITIES.

STAFF FROM YMCA MIDDLESEX CENTRE IN KOMOKA CHAMPION O-JOES COFFEE CUSTOM Y BLENDS, RAISING MONEY FOR YMCA STRONG KIDS WHILE SUPPORTING LOCAL BUSINESS.

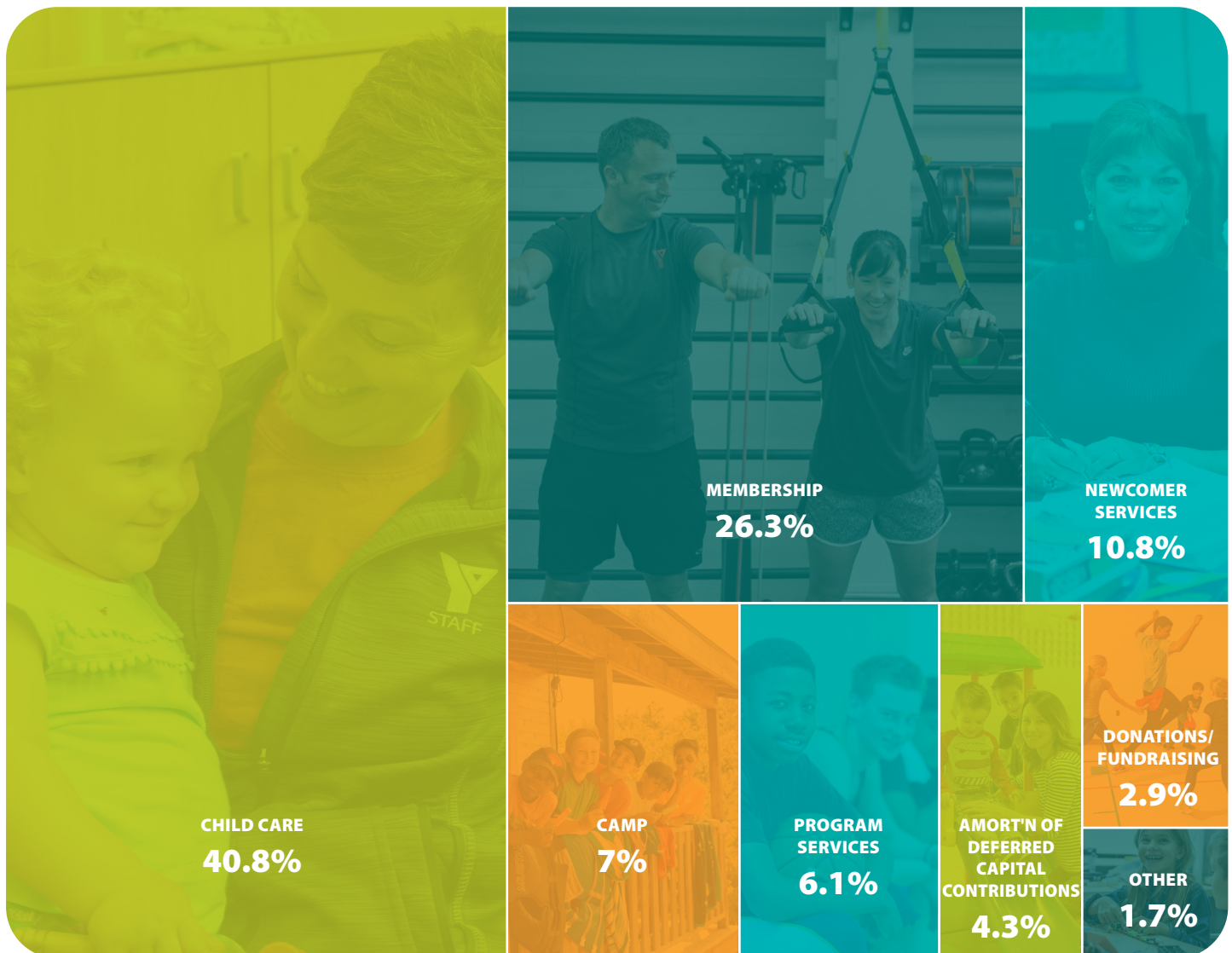
YMCA JMFC PARTICIPATED IN OUR FILL THE BUS CAMPAIGN FOR THE FIRST TIME, RAISING OVER \$6000. A HUGE PART OF THEIR SUCCESS IS DUE TO ROSS WHO HAS VOLUNTEERED THERE FOR 20 YEARS. HE SET UP A BOOTH DURING HIS VOLUNTEER SHIFTS TO RAISE SUPPORT!



OUR NUMBERS

In this first full year as a unified Association, the breadth and scope of our operations and services can be represented in a picture of our 2019 revenue, which totaled approximately \$75 million.

YMCA of Southwestern Ontario Revenue Streams⁽¹⁾ As at December 31, 2019



(1) As reported in the YMCA of Southwestern Ontario's audited financial statements, audited by PricewaterhouseCoopers LLP. Audited financial statements are available upon request from the office of the VP, Finance.

(2) Other revenue includes United Way and Ancillary revenue.



OUR STATS

As we navigate these current times in search of a “new normal,” our local communities will need the Y more than ever. Our Association expanded its reach and impact in 2019, and it is with this momentum that we will propel forward in delivering quality services to those in need.



240,881

Total number of members & participants



3 out of 10

Y members & participants receive
YMCA financial assistance



92%

Overnight camper satisfaction
at YMCA Camp Queen Elizabeth



12,871

Children participated in YMCA
Day Camp programs aimed at
encouraging independence, skill
development, and physical activity



4,000+

Newcomers and their families were
connected with a wide range of vital
community resources as they find
their path in Canada



2,007

Children developed friendships, received
support and participated in activities at
YMCA child care programs



\$4.4M

Provided to children,
families and adults
requiring financial support



4,053

Children supported in
our school age programs



\$100,000

Raised in our annual
YMCA Strong Kids Staff
Campaign with 71% of staff
(and 91% of full-time staff)
contributing



CARING CONNECTIONS

The YMCA of Southwestern Ontario's mission is dedicated to the enrichment of our communities through growth in spirit, mind, and body for people of all backgrounds, beliefs, and abilities. We are constantly receiving stories from our Y community celebrating accomplishments and successes.

Dana's Y Story

We are a busy family, and my husband, Tony and I have four children - Lilly, Sophie, Kris, and Nathalie - all with special needs.

"The Y gives the kids an amazing place to go every summer."

Lilly started going to Camp Queen Elizabeth when she was 8. We were nervous sending her to an overnight camp at such a young age, but when she came home, we knew we had made the right choice. We had found



the right camp for ALL OUR KIDS!

The kids enjoy the outdoors and one of our biggest challenges is finding the right programs to support their individual needs. YMCA Camp Queen Elizabeth is a very special place and it has become an annual summer tradition to send our kids there.

The amazing staff go out of their way to make our kids feel welcome, and also push them to try new things.

The Y gives the kids an amazing place to go every summer. Each year we see them grow and learn new things from camp. They come home with stories of their amazing adventures, talk about it all year long. They get SO excited when we tell them they get to return next summer!

Chris' Y Story

My name is Chris, I recently turned 50, and have been married to my wife for 18 years with three grown children. Last year, I was having a lot of problems with depression, anxiety, and massive panic attacks. I decided enough was enough, so I quit drinking and gave up a hard drug habit that had been slowly destroying my mind after many years of abuse. At the end of the year, I asked my doctor if I would be healthy enough to begin a workout routine and she said "absolutely." So I got a 7-day pass for the Central Huron YMCA.



"January 4, 2019 was the first day I walked into the Y and my life has forever changed..."

January 4, 2019 was the first day I walked into the Y and my life has forever changed for the good! I am now clean and sober, working out 5 to 6 days a week. I took a running class and ran my first ever 5k race and the Y helped me with training programs and support. I've dealt with a lot of mental health challenges, but I am determined. I have never had more confidence and strength. I feel great!



**“The YMCA has been my second home since I came to Canada.
It’s where I found people interested in helping me and who cared about my goals.”**

- Dalal M, proud YMCA Newcomer Services participant



CONTACT US

YMCA of Southwestern Ontario
165 Elmwood Ave East
London, Ontario, N6C 0A8
519-907-5500
www.ymcaswo.ca