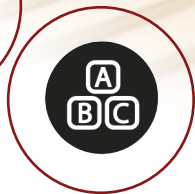


# Impact Report 2023-2024



# On behalf of the YMCA of Regina

To our YMCA community and supporters,

The YMCA of Regina has been serving the communities of Regina and Moose Jaw since 1907. In good times and bad, the YMCA consistently steps up to meet the emerging and evolving needs of our communities, helping them to ignite potential and thrive.

At the YMCA of Regina we believe that it is your time to shine. The need for community and connection has never been greater than it is today. So with that in mind we need to be bold, innovative, and intentional in our actions.

Igniting potential and being the best and the brightest we can be as individuals and communities will take work. The good news is increased social connection and community involvement makes a direct and positive impact – which is exactly how the YMCA makes a difference.

The YMCA of Regina is a charity that ignites people's potential. We help people grow, lead, and give back to their communities. We support people on their lifelong wellness journey, to connect, belong and find community.

Our new strategic plan is a reflection of our deep commitment to the communities we serve. We will innovate how we provide our services and programs, how we operate our spaces, provide exceptional volunteer and staff experiences, and we will cultivate opportunities for connection, leadership, and community building.

Our new strategic plan is a call to action to build and deepen relationships, investing in our community for generations to come.

Igniting Potential 2024-2028 is the blueprint to create a bright future for the communities of Regina and Moose Jaw, where everyone can shine.



**This past year has been one of many accomplishments.**

Our Health, Fitness & Aquatics centre of community welcomed members of all ages and stages. Thanks to your generosity and continued support we were able to support 635 individuals through our assisted membership program. We continue to reinvest into our Health, Fitness & Aquatics centre of community and will continue to work to provide you with the best experience possible to meet your health and fitness goals.

Our Community Programs expanded through the launch of the HOMEBASE Integrated Youth Services (IYS) Hub in Moose Jaw. This unique model of care is aimed at transforming how youth and their families access the services and supports they need. We continued to welcome the community to the YMCA through other impactful programs such as Health Connect, Y Mind, Beyond the Bell, and many more.

Our licensed Childcare Centres, Early Learning Centres, and Before and After School programs bustled with activity, learning, and laughter of children and youth this past year. We have recently been approved by the Government of Saskatchewan to expand our childcare programs in Regina and Moose Jaw and look forward to making YMCA Childcare available to more families in our community.

None of this is possible without your support and we are thankful for all you do to create impact in the communities we proudly serve.

**We look forward to supporting you as you thrive and shine in 2025!**

With gratitude,



Steve Compton  
CEO



John Stevenson  
Board Chair





# YMCA Board of Directors

John Stevenson (*Chair*) Sally Houser  
Ryan Cavan (*Vice Chair*) Andrew Konecsni  
Andrea Bacon Divyesh Patel  
Eslam Eldakrory Nerusha Ragulan  
Colten Goertz Lee Reid  
Chris Johnson Louise Usick  
Shayla Klein

## Vision

A community connected and empowered to lead healthy and fulfilling lives.

## Mission

We are a charity that inspires potential in everyone, helping people thrive, lead, and give back to their community.

## Values

**Respect** - We treat everyone with dignity.

**Kindness** - We are caring and compassionate, creating safe places for all.

**Inclusiveness** - We create centres of community where everyone feels they belong.

**Well-Being** - We nurture people's physical, social, and mental health.

**Integrity** - We are trustful, trustworthy, and take responsibility for our choices, actions, and commitments.

*The YMCA of Regina acknowledges that we are on the traditional lands, referred to as Treaty 4 Territory, and that the cities in which we operate (Regina & Moose Jaw) are located on Treaty 4 territory, the original lands of the Cree, Ojibwe, Saulteaux, Dakota, Nakota, Lakota, and the homeland of the Métis Nation.*



## COMMUNITY DEVELOPMENT



## HEALTH FITNESS AQUATICS



## CHILDCARE



The YMCA of Regina operates on three **core pillars of services**. The impressive impact from each pillar of service on our community over the year will be highlighted in this report.

We provide expansive offerings in Regina, Moose Jaw, virtual spaces, and neighbouring communities including: Cowessess First Nation, McLean, Milestone, White Bear First Nation, and White City.

The YMCA of Regina is committed to improving the lives of individuals of all ages, by providing safe spaces that are accessible and inclusive to all.

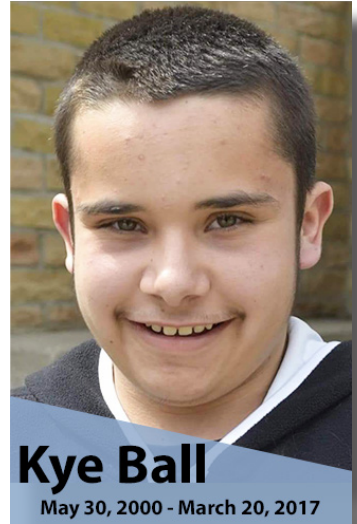




# Kye Ball Memorial Award

The **Kye Ball Memorial Award**, named in honour of Kye Ball (*May 30, 2000 – March 20, 2017*), recognizes an outstanding YMCA staff member or volunteer for their contributions through the lens of mental health in keeping with the YMCA's commitment to foster a sense of belonging for all.

The Kye Ball Memorial Award emphasizes the **support of positive mental health** as well as the **promotion of positive mental health awareness**.



The Kye Ball Memorial Award provides a platform in recognizing that **mental health is an important aspect of the YMCA community** by promoting the contributions of YMCA leaders in mental health awareness and healthy practices.



In March, 2024, **Jeslyn Mitchell** was named the 2024 Kye Ball Memorial Award Recipient.

Jeslyn is an Early Childhood Educator at the Albert West Childcare centre.

She is a positive leader; who is looked up to by her peers, co-workers and supervisors.

*"Her presence oozes positivity. Everyone feels better just being around her."*





## Impact at a glance...

**291**

Youth participated in Mentorship Programs. Empowering youth who are experiencing social, emotional or behavioural challenges.

**41**

Teens feeling anxious or stressed learned coping skills in Y Mind.

**2404**

People learned to swim.

**152**

People trained in lifesaving emergency interventions (*Lifeguard, First-Aid, Swim Instructor*).

**7800**

People participated in physical fitness & sport activities.

**83**

Individuals completed Mental Health First Aid training.

**568**

Kids participated in YMCA Day Camps.

**428**

Youth developed new lifeskills in Home Alone & Babysitter Courses.

**72**

Devoted Volunteers played an integral role in the impact on our communities.

**382**

Dedicated Employees embrace YMCA values.

Thanks to the support from our generous donors:

**\$112,147**





# Community Development

**929**

People age 55+ in Regina and Moose Jaw participated in Health Connect programs. Aimed to improve health literacy rates through connection to services, health education and physical fitness programs.

*Youth who participated in YMCA programs complete a pre and post program survey.*

*Their responses show significant personal growth.*

**94%**

Youth are able to identify their qualities and strengths.

**100%**

Youth have a better understanding of using social media and video games in a healthy way.

**79%**

Youth can change negative self-talk into positive self-talk.

**90%**

Youth feel their self-confidence has improved after participating in a community program.

**100%**

Youth now understand where to seek mental health support.

**87%**

Youth feel confident in making friends.





# HOMEBASE

For Youth  By Youth

**HOMEBASE** is an **Integrated Youth Services (IYS)** model of care, aimed at transforming how youth, and their families find and access the resources, services and supports they need. HOMEBASE will support youth aged 12-25 in reaching their full potential by offering a one-stop centre in the community, providing rapid access to quality, evidence-based, integrated, culturally safe, youth-targeted services and supports, with a focus on prevention and early intervention.

**HOMEBASE** aims to coordinate, streamline, and build on existing resources in each community to provide youth, caregivers, and families services at no cost. The HOMEBASE model co-locates and integrates services for all youth. Services will be aligned with regional Saskatchewan Health Authority services to create a pathway of care.

- **Mental health & addiction services**
- **Physical health services**
- **Education, employment and training supports**
- **Community and social services**
- **Peer supports**
- **Cultural and traditional supports**

**HOMEBASE Moose Jaw** opened in Fall 2024.

*The YMCA of Regina is proud to be the  
Lead Agency of HOMEBASE Moose Jaw.*



# Health, Fitness & Aquatics

**202**

Youth explored art, science and sport programs.

**6113**

Active YMCA Members.

**2259**

Youth ages 0-17 are active members or day pass visitors.

**978**

Adults ages 18+ hold a membership to the Health, Fitness & Aquatics centre.

**1612**

Active Family memberships.

**635**

YMCA Members were supported through the Financial Assistance Program.

**34**

YMCA Members of all fitness levels were trained by 3 Personal Trainers.

**74**

Seniors participated in Senior Fitness Hour *daily* during the school year.



*The YMCA of Regina offers a centre of community, where everyone is welcome.*



## Childcare

**12**

YMCA Childcare Centres operate throughout Regina & Moose Jaw.

**754**

Licensed Childcare spaces for children 6 weeks to 12 years.

**32**

Students enrolled in 2 YMCA Early Learning Centres.

**18**

Before & After School Programs operate throughout Regina & Moose Jaw.

**385**

Students are enrolled in Before & After School Programs.

**8,490**

Weekly lunches and snacks are prepared in **5** kitchens.

Multiple children receive **1:1 support** from an **Early Childhood Educator**, through the Enhanced Accessibility grant sponsored by the Government of Saskatchewan. Educators have seen tremendous growth and development in children with this added support.

*The YMCA of Regina is the largest licensed childcare provider in Saskatchewan.*



## Get involved in 2025

The YMCA is a trusted partner of the community; committed to offering accessible programs and services.

Supporting the YMCA means supporting your neighbours, individuals, children, and families in our community, across all generations regardless of their financial means or physical abilities.

*How can you help?*

**Y Champion Club** - *One time, monthly, or annual donations.*

**Securities** - *Donation of securities or mutual funds.*

**Endowment Fund** - *Donations that grow over time.*

**Amazon Wishlist** - *Purchase needed program supplies direct from our wishlists. Last year, over **65** program supplies were received!*

**Send a Kid to Camp** - *At a YMCA Day Camp, kids are empowered to lead, learn and thrive. With your support, we sponsored **30** day campers.*

[regina.ymca.ca/donate](https://regina.ymca.ca/donate)



# Music for the Mind

*with The Garage Band*

*Was a sold out success, raising over **\$55,000**  
to support community and youth programs.*



Sherwood



Frank Hart  
& Diana  
Milenkovic



# By supporting the YMCA you empower individuals to reach their full potential. THANK YOU!

- Access Communications
- Affinity Credit Union
- AGT(Michelle and Murad Al-Katib)
- Age Friendly Moose Jaw
- Allan Blakeney Adult Campus
- Alton Tangedal Architect
- Anonymous Donor
- Blue Gogi
- Cameco - Step Up for Mental Health
- Canadian Red Cross
- Canada Summer Works
- Canadian Mental Health Association (GAP)
- Catholic Family Services (CFS)
- City of Regina
- City of Moose Jaw
- CNIB
- Community Initiatives Fund
- Conexus Arts Centre
- Conexus Credit Union
- Co-op Refinery Complex
- Cornwall Alternative School
- Dream Brokers
- Epcor
- Espresso
- First Tee Canada
- Frank Hart & Diana Milenkovic
- GMS (Group Medical Services)
- Government of Saskatchewan
- Harvard Media
- Holy Trinity Catholic School Division
- Hunger in Moose Jaw
- John Howard Society
- Knight Automotive
- KPMG
- Medavie Community Paramedicine West
- Mommy Connections

- Moose Jaw Early Years Family Resource Centre
- Moose Jaw Family Services
- Moose Jaw Fire Department
- Moose Jaw River Watershed Stewards
- Moose Jaw Military Family Resource Centre
- Moose Jaw Police Services
- Moose Jaw Public Library
- Mosaic
- Mosaic Community Food Farm
- Neil Squire Society
- Prairie South School Division
- Pratt's Food Service
- Queen City Marathon
- Regina Catholic School Division
- Regina Fire and Protective Services
- Regina Open Door Society
- Regina Perinatal Health Network
- Regina Police Services
- Regina Public Library
- Regina Public School Division
- Regina Rugby Club
- Regina Work Prep Centre
- Rooted Connections
- Saskatchewan Blue Cross
- Saskatchewan Early Childhood Association
- Saskatchewan Health Authority
- Saskatchewan Liquor and Gaming
- Saskatchewan Polytechnic
- Saskatchewan Safety Council
- SaskEnergy
- SaskPower
- Sasktel
- SGI
- Sherwood Co-operative Association
- South Saskatchewan Community Foundation  
(Moffat Family Fund)
- TD Asset Management
- The Garage Band
- The Nest
- TRiP
- United Way of Regina
- Veroba's Family Restaurant
- Wakamow Valley Authority
- Walmart Canada
- YMCA of Canada

## Respect

*In memory of Sidney Herman,  
for his generosity and  
impactful contributions*

We treat everyone  
with dignity.

## Kindness

We are caring and  
compassionate, creating  
safe places for all.

## Integrity

We are trustful,  
trustworthy, and take  
responsibility for our  
choices, actions,  
and commitments.

## Well-Being

We create centres of  
community where  
everyone feels  
they belong.

We nurture people's  
physical, social, and  
mental health.

## Inclusiveness

306-757-9622

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[www.regina.ymca.ca](http://www.regina.ymca.ca)



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