



# 2021/2022 Report Card

## YMCA of Regina Community Development

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### Beyond the Bell

**81%** of students feel equipped to deal with difficult situations  
**65%** of students participate in physical activities 5x a week  
**97%** of students reported feeling less isolation  
**83%** of students made new friends  
**84%** of students now read outside of school  
Average Reading Levels increased by **3.5** levels  
\***75%** of students have increased access food\*  
YMCA staff fundraised & organized **34** holiday food hampers

### Ensuring no child falls through the gap.

The program compliments academic development & focuses on:

- Enhancing numeracy & literacy
- Leadership skills
- Recreation & healthy lifestyles
- Improving health & Wellness
- Exploring culture and creativity



### Youth Leadership Academy

#### Multifaceted program offers Leadership Development & Mentoring

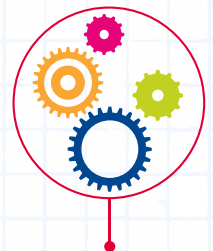
Youth have a chance to test their personal limits, challenge themselves, and 'level up' in a supportive community



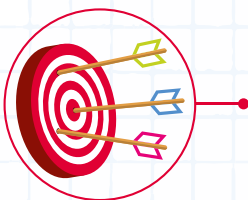
- Gain awareness on the impact of personal actions
- Gain a sense of responsibility
- Increased awareness to cultural differences
- Build on personal goals
- Positive engagement in the community

**72** Youth Leadership participants & **14**

1:1 Mentorship Matches



### Mentorship Program



#### The most successful Mentorships embrace the YMCA values:

- Positivity
- Belonging
- Empowerment
- Well-being
- Inclusivity

As part of the Youth Leadership Academy, youth have an opportunity to be partnered with a Mentor from the community based on aligning interests, goals and aspirations .





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## YMCA of Regina Community Development Moose Jaw Programming

### Shared Services Mentorship

"My son struggled previously with socializing, making friends, communicating with his peers and handling conflict. Since my son has been in the mentorship program, we have seen significant improvement in all of these areas."

~Program Parent

**142** youth were referred to the program by partnering agencies:

- Mental Health & Addictions Services
- Ministry of Social Services
- Holy Trinity Catholic School Division
- Prairie South School Division
- YMCA of Regina



"Working with the youth in the Mentorship program has been great this year. Meeting all the new youth at the beginning of the session, getting to know everyone and then watching them grow and help them learn new skills to better themselves will always be my favorite part of the program. The friendships and memories the boys walk away with after the session has ended will forever be impactful."

~Program staff

This program is designed for youth ages 6 - 18 years, who demonstrate persistent behavioral, emotional or social struggles at home and school.

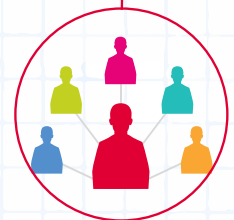
Mentors coach and reinforce pro-social development, act as an agent for participation in positive leisure and recreation and support the expansion of social support networks.

### Steps 4 Success

This program is for youth in grades 9 - 12 who may be on the brink of being excluded from school, or are temporarily excluded. The proactive approach is designed to eliminate permanent expulsion.

**45** students referred by partnering agencies

**38** of those students completed the program



"Being able to learn that lots of other people have, or had these problems too."

~Program Participant



**96%** of students report that their time in the program allowed them to catch up on homework

**90%** of students reported that they learned something new from the program

**90%** of students reported that what they learned in the program will be useful at school.

**96%** of students identified that at the end of their stay in the program they were ready to return back to school.



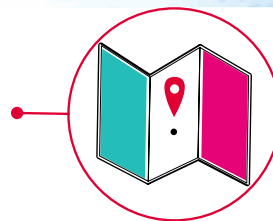


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## YMCA of Regina Community Development

### Moose Jaw Programming

#### Urban Adventure Outdoor Day Camp



Campers experienced a Summer Camp like no other! Exploring natural outdoor spaces in and around the community of Moose Jaw, with the added experience of developing campers' skills towards confidence, creating new friendships and building resiliency.

**107** youth attended one full week of Urban Adventure Outdoor Day Camp

**30** Youth ages 6-7 years

**31** Youth ages 8-9 years

**29** Youth ages 10-11 years

**17** Youth ages 12-13 years

**68** youth were referred to the Urban Adventure Outdoor Day Camp by partnering agencies:

- Saskatchewan Health Authority
- Ministry of Social Services
- Holy Trinity Catholic School Division
- Prairie South School Division



supplied **280** lunches

Thank's to GMS (Group Medical Services) & external donors for their generous donations, we were able to fully sponsor the referred youth's camp registration.



HEALTH & TRAVEL INSURANCE



"Going to Wakamow was the best part of camp! My favorite was canoeing, archery and roasting smores, & seeing friends I haven't seen since Pre-K"

~Camp Participant



# 2021/2022 Supporters

## YMCA of Regina Community Development

**The YMCA Community Development programs wouldn't be possible without the continued support from generous individuals and businesses.**

**We want to extend a huge thank you to the 2021/2022 program sponsors:**



**Moffat Family Fund**



THE LORNE AND EVELYN JOHNSON FOUNDATION

