



YMCA of
Regina

**COMMUNITY
IMPACT REPORT**
2019 - 2020

Message from Our Board Chair and Chief Executive Officer

Throughout our history, the YMCA of Regina has continued to be an important part of our community through the most challenging of times.

Since the first provisional YMCA was established by the citizens of Regina in 1890, our Association has continued to provide support through difficult periods such as world conflicts, financial instabilities and global pandemics, past and present.

During this current point in our history, our programs and services are needed, now more than ever to provide supports to people looking for an inclusive place to belong.

We continue to plan for a future full of new opportunities while respecting our deep history of service to community.

It is with renewed commitment and appreciation that we honour the history of the Association as we continue to work through what may certainly be the most challenging time in our history.

We share this appreciation with the many people who have made, and continue to make this organization, so important to those we serve..

Thank you to the management and staff for all their hard work over the last several years and for their continued dedication to the mission of the Y.

To our volunteer board members, thank you for your collective guidance and leadership through these very difficult times and for being true ambassadors of this amazing organization.

And most importantly, our deepest appreciation to our YMCA members, families and partners who continue to support us through this time of transition and help us to build healthy community now and into the future.



Jason Carlston

Chair
YMCA of Regina Board of Directors



Steve Compton

Chief Executive Officer
YMCA of Regina





“The care of the ladies in the toddler room brings tears to my husband and I! They just go above and beyond EVERY SINGLE DAY for those little ones. They're incredibly invested in their happiness and development. We are often just blown away about how amazing they are with our child.”

YMCA Child Care family testimonial

Child Care

Building healthy communities starts with providing children a safe and enriching environment to grow and thrive. Our team members continually strive to provide this sense of security to the children who are enrolled in Child Care Centres, Early Learning Centres and Before and After School Programs in both Regina and Moose Jaw. This group of caring and dedicated staff make every day a special day for all children whose care is entrusted to them.

As the full impact of the pandemic was felt, our team members in all our child care based programs were an inspirational source of calm and reassurance while families of front-line employees relied on the YMCA to take care of those most precious to them. With the ever changing operational requirements, our dedicated team not only met, but exceeded what was required to ensure families remained as safe as possible.

Even with our team members facing the same uncertainties and stresses we all felt, those concerns were temporarily put aside as they continued to provide a smiling face and welcoming environment to our many families. Our sincerest appreciation to those team members who have, and continue to help us build healthy communities.

Regina

425 Licensed childcare spaces in 6 centres

243 Children enrolled in the Before and After School Program

95% Child Protection Score

Moose Jaw

244 Licensed childcare spaces in 5 centres

73 Children enrolled at our Early Learning Centres

95% Child Protection Score

Health, Fitness and Aquatics

The long history of the YMCA of Regina promoting healthy communities through spirit, mind and body has provided a lasting measurable impact to those we serve. As a long-standing association of men, women, children and families from all walks of life, we remain committed to provide a place where everyone belongs. This commitment to service has never been more crucial than it is today.

When we closed our fitness centres March 15th, 2020 due to the pandemic, we immediately knew the impact this would have to those we serve. The Y has always been more than a building to our valued members, it was about maintaining connections with those who shared in the sense of community the YMCA always provided. We were truly humbled when several dedicated members continued to pay their dues even during our closure to help the association through this difficult time.

We stayed in constant contact with our members with association updates, online class offerings and finally, detailing our “Reopening with Care” plan that would see our all our centres welcome back guests for the first time in many months.

Our amazing YMCA of Regina employees worked tirelessly in reconfiguring the centres, enhancing cleaning protocols, and adjusting programming to ensure when our doors did reopen, members would be welcomed back once again to a safe and welcoming environment.

While the future may look considerably different, we remain truly committed to building healthy communities, and provide a place where everyone belongs.

90 Fitness Volunteers provided instruction to our members

1800 Fitness classes provided to members of all age groups

1030 Assisted Memberships were provided to those facing barriers in taking part in YMCA programs

420 People who participated in Aquatics based programming

579 Youth participated in various programs offered at the YMCA

2516 Registrations taken for various levels of Aquatics lessons



“I would like to thank the staff for the friendly welcome to the facility and what it offers. It's not easy during a pandemic, but you all go above and beyond trying to mix things up with the classes offered as well as keeping our safety in mind”

YMCA of Regina Member



Lorem ipsum

“It has helped my son gain some confidence in himself which was a main thing I wanted for him considering he was being bullied at the last school he attended. I would to say thank you for helping him become more comfortable in his skin when I wasnt around because being a single parent and only one bringing in the income was difficult to balance everything. We now have a stronger relationship at home he now tells me everything that bothers him and we work through our problems together. I hope that he could attend Beyond the Bell again in the near future and again thank you all so much!”

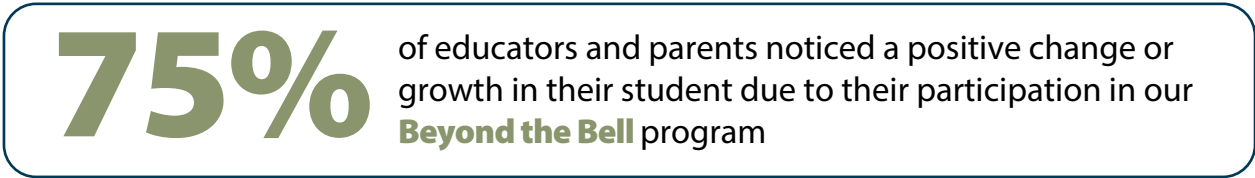
Parent Testimonial - Beyond The Bell Program

Beyond The Bell

This year we were extremely intentional in making the program a safe space for all participants to come to. This was primarily accomplished by providing a high staff to participant ratio and by having a consistent daily staff schedule.

In doing such, we were able to successfully encourage relationship building between the participants, as well as between participants and the staff members. Further, we saw these relationships begin to take place rather quickly too.

For example, during Interviews with participants in November, several stated that they would go to a Beyond the Bell staff member and/or a friend within Beyond the Bell if they needed someone to talk to. This demonstrates that within a one-month period, safe and trusting relationships were already beginning to form between participants, as well as between participants and staff members, and that the program is seen as a safe place for participants to do such.

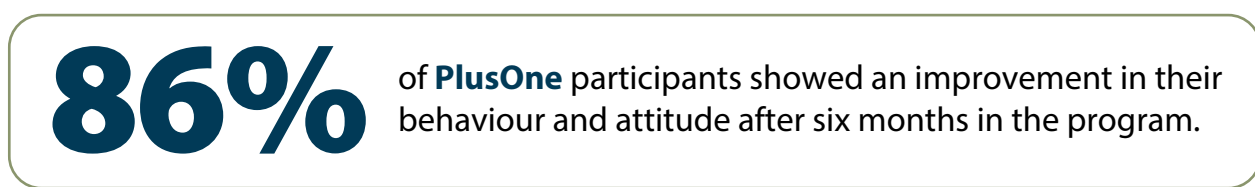


Plusone Mentoring

YMCA PlusOne Mentoring is a community-based program for youth 10 to 17 years old who are experiencing challenges in their social and academic development. Participants are referred to the program by community partners including schools, social workers, police, and other YMCA programs.

Mentors receive specialized training prior to engaging with their mentee, and the mentoring relationship is guided by a program Support Worker.

The objective at the end of one year is to have leveraged the mentoring relationship and for the youth to have gained new skills and tools to help them navigate the challenges they confront in their daily life.



Steps for Success

The Steps for Success Program is a resource made available to students in grades 9 to 12, enrolled in partner schools, within Moose Jaw. The program has been shown to be effective on three levels:

- Preventative measure for students who find themselves on the brink of being excluded from the school they attend.
- Support to students who, for a variety of reasons, find themselves temporarily excluded from the school they attend.
- As a final chance for students who are in danger of long-term exclusion or expulsion from the school they attend.

The project aims to reduce the number of repeat suspensions by offering young people the opportunity to transform their suspension time into a positive experience that fosters personal development and autonomy. These goals are accomplished by putting these students in an environment that is conducive to a rewarding personal experience, the acquisition of social skills and the enhancement of their self-respect and respect for others.

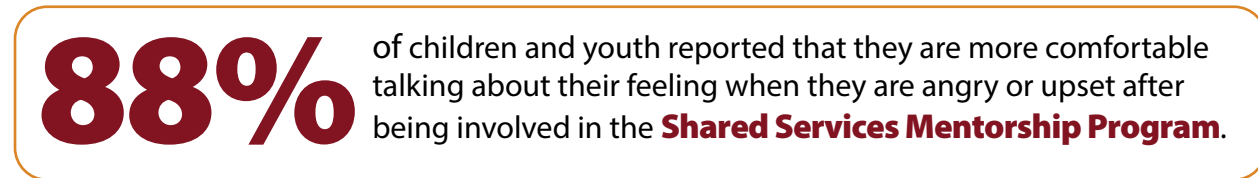


Shared Services Mentorship Program

Our mentorship program delivered in Moose Jaw is designed to address the needs of school-aged children and youth aged 6 – 18 years. The youth that are referred to the project demonstrate both persistent behavior, emotional or social struggles. The youth often have difficulty with peer relationships and/or have barriers to making friends, as well as lacking a connection in some way to the community or an existing support network.

Mentors are trained staff who are partnered with a child/youth or small group of children/youth who have a need to enhance their self-esteem, self-regulation, and resiliency skills. Activities are designed to meet the needs and interests of the mentee and to help develop self-confidence, community connectedness, and life skills.

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.



The Steps 4 Success program has allowed me to build positive connections with the youth in our community. It is important that students know, and can identity other adults in the community to connect with. The most rewarding part for me has been going into the High Schools and having past students update me on accomplishments they have had since attending the program. The students are always eager to let me know how things have been going since attending the program, whether it has been 1 week or 6 months since working with them.

Steps for Success Team Member Testimonial



Health, Fitness and Aquatics Centre

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Our Aspirations

Our communities are diverse and inclusive where citizens of all ages are connected, thrive, and care for one another.

Our Vision

By reducing barriers, everyone can achieve a healthy spirit, mind, and body.

Our Mission

The YMCA is a charity that supports connection, friendship, and the healthy development of our community.

Our programs and services focus on youth and families to support lifelong healthy living. We develop leaders and committed citizens who care about our values and the health of our community.

Members belong to the YMCA to actively support our mission and vision and to participate in our community programming.

At our core, we deliver community development; child care; leadership development; and, healthy living programs.

Our Values

Positivity

We believe meaningful change is accomplished by focusing on the strengths of individuals and community

Belonging

We are committed to providing a place of acceptance, friendship, and security for all.

Empowerment

We support a society where individuals thrive through self-determination and independence.

Well-being

We foster the whole of the individual in spirit, mind and body.

Inclusivity

We are accessible to all and work to remove barriers to self-development.

Charitable Registration Number: 11930 7155 RR0001



United Way
Regina