

YMCA OF NEWFOUNDLAND AND LABRADOR

# Annual Report

2023/2024



# Map of Newfoundland & Labrador



## YMCA of Newfoundland and Labrador

**Y Avalon Peninsula (Metro) Region**  
 Ches Penney Family YMCA  
 Health, Fitness, & Aquatics  
 Child Care & Day Camp  
 Employment, Enterprise, &  
 Newcomer Services

**Y Avalon Peninsula (Rural) Region**  
 Placentia Regional YMCA  
 Health, Fitness, & Aquatics  
 Child Care & Day Camp  
 Employment, Enterprise, &  
 Newcomer Services

**Y Burin Peninsula Region**  
 Marystown YMCA  
 Health, Fitness, & Aquatics  
 Child Care & Day Camp  
 Employment, Enterprise, &  
 Newcomer Services

**Y Bonavista Peninsula Region**  
 Bonavista Regional YMCA  
 Health & Fitness  
 Child Care & Day Camp  
 Employment, Enterprise, &  
 Newcomer Services  
 (In Development)

**Y Labrador Region**  
 Central Labrador YMCA  
 Health, Fitness, & Aquatics  
 Child Care & Day Camp  
 Employment, Enterprise, &  
 Newcomer Services

• Program Delivery Sites

## YMCA of Exploits Valley

**Y Grand Falls-Windsor**  
 Health, Fitness & Aquatics  
 Child Care & Day Camp

## YMCA of Western Newfoundland

**Y Corner Brook**  
 Health & Fitness  
 Child Care & Day Camp

**Y Bay St. George/Stephenville**  
 Health & Fitness

• Program Delivery Sites

- Happy Valley - Goose Bay
- Mud Lake
- Northwest River
- Cartwright
- Black Tickle
- Norman Bay
- Charlottetown
- Port Hope Simpson
- Mary's Harbour
- Red Bay
- L'Anse-au-Loup
- Flower's Cove
- Plum Point
- Port Saunders
- Daniel's Harbour
- Cow Head
- Pollard's Point
- Rocky Harbour
- Trout Harbour
- Lark Harbour
- Benoits Cove
- Templeton
- Cape St. George
- Port au Port
- McKay's
- Doyles
- Port aux Basques
- Isle aux Morte
- Burnt Islands
- Ramea
- Grey River
- Harbour Breton
- Grand Bank
- Fortune
- Lamaline
- St. Lawrence
- St. Albans
- McCallum
- Hermitage
- St. John's
- Blaketown
- Marystown
- Avondale
- Dunville
- Fortune
- Lawn
- Burin Bay Arm
- Placentia
- St. Bride's
- St. Mary's
- Trepassey
- Baie Verte
- Westport
- La Scie
- Twillingate
- Change Islands
- Fogo Island
- Carmanville
- Wings Point
- Summerford
- Musgrave Harbour
- Lumsden
- Wesleyville
- Hare Bay
- Kings Cove
- St. Brendan's
- Bonavista
- Catalina
- Port Rexton
- Little Heart's Ease
- Victoria
- Bay Roberts
- North River
- Portugal Cove-St. Phillips
- Bell Island
- Torbay
- St. John's
- Mount Pearl
- Paradise
- Fox Trap
- Conception Bay South
- Upper Gullies
- Ferryland
- Mount Carmel-
- Mitchells Brook- St. Catherines
- St. Anthony
- Main Brook
- Roddickton
- Englee
- Gambo
- Glovertown
- Eastport
- Clareville
- Swift Current
- Saint Bernard's
- Jacques Fontaine
- Gaultois
- Spaniard's Bay
- Musgravetown

# Message from Board Chair & CEO

**THANK YOU** for being a part of YMCA of Newfoundland and Labrador,

2023/2024 was the first year of our updated strategic plan. As we continued to emerge from the pandemic, we were focused being expert collaborators and problem solvers to allow us to continue to expand across Newfoundland and Labrador to work in more places with more people.

This annual report is full of stories of meeting our mission and vision in communities across the province.

## HIGHLIGHTS:

- Opened additional Pre-K and School Age regulated child services in schools
- Prepared to open the new Placentia Regional YMCA which opened in September 2024
- Started construction on the Brookfield District YMCA Child Care Centre in the West End of St. John's to open in 2025, one of five YMCA child care centres planned to support health care workers

- Increased participation at the Ches Penney Family YMCA in St. John's, the Marystown YMCA, and the Central Labrador YMCA in Happy Valley-Goose Bay
- Re-established annual campaign committees for the Avalon Peninsula, Burin Peninsula, and Labrador
- Continued work towards the proposed Bonavista Regional YMCA
- Prepared for new funded programs in Employment, Enterprise, and Newcomer Services
- Established an investment fund for future needs to keep YMCA NL strong
- Contributed to the community efforts in Labrador to support people affected by Churchill Falls and Labrador West wildfires

As always, we could not do what we do in our communities without our community partners, donors, and hundreds of employees and volunteers. Thank you for your commitment to the YMCA.

## SHINE ON,



**Jamie Snook, Chair**  
Board of Directors



**Jason Brown,**  
President and CEO

## Board of Directors and Executive Staff

**Chair:** Jamie Snook, Ph.D

**First Vice Chair:**  
Janet Vivian-Walsh, B.Sc, B.Ed, M.Ed

**Vice Chair-Finance:**  
Jennifer Button, CPA, CA, MBA, LL.M

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**Director:** Julianne Griffin, MPR

**Director:** Natalie Hand, BA, CPHR

**Director:** Raelene Lee, B. Comm, LLB

**Director:** Vic Lundrigan, MSW

**Director:** Sharon McLennon, HBA

**Director:** Margo Wilson, MD, CCFP (ER)

**Director:** Taylor Young, B.Comm (Hons)

**President and Chief Executive Officer (CEO):**  
Jason Brown, BA, PMP, ICDD

**Chief Operating Officer (COO):**  
Sherry Squires, B. Rec, MCPM

**Chief Financial Officer (CFO):**  
Chrissy Harvey, CPA, CA

**Chief Development Officer (CDO):**  
Michelle Northover, B.Ed

**Vice President (VP), Partnership and Program Development:**  
Twyla Fradsham, BA



# Summary Financial Statements

## YMCA of Northeast Avalon Inc.

### SUMMARY OF AUDITED FINANCIAL STATEMENTS

#### STATEMENT OF OPERATIONS

For the year ended 31 August, 2024

	<b>2024</b>	<b>2023</b>
Revenue	18,107,183	13,983,314
Expenses	16,559,338	12,694,953
<b>Net Before Interest and Amortization</b>	<b>1,547,845</b>	<b>1,288,361</b>
Interest on Long Term Debt and Capital Leases	328,568	339,275
<b>Net Before Amortization</b>	<b>1,219,277</b>	<b>949,086</b>
Amortization	608,944	621,547

#### STATEMENT OF FINANCIAL POSITION

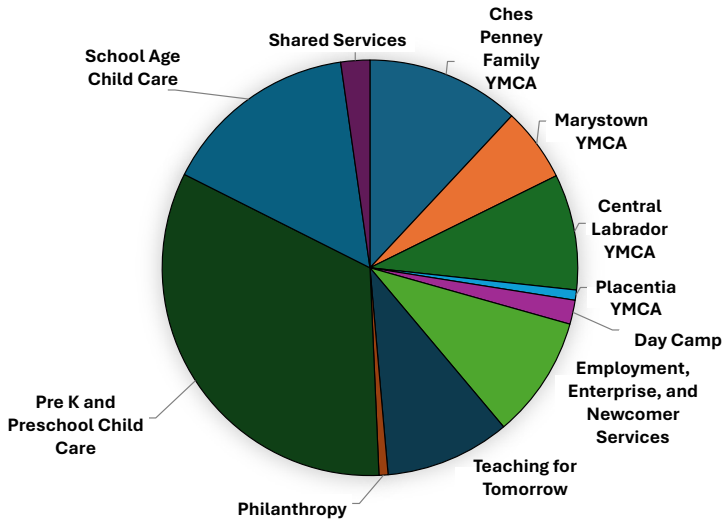
As at 31 August, 2024

<b>Assets</b>	<b>2024</b>	<b>2023</b>
Current Assets	4,461,141	2,988,536
Property, Plant, and Equipment and Intangible Assets	11,683,043	12,045,808
<b>Total Assets</b>	<b>16,144,184</b>	<b>15,034,344</b>
<b>Liabilities</b>		
Current Liabilities	3,556,866	2,593,451
Deferred Revenue - Building Capital Fund	4,835,534	5,037,019
Long Term Portion of Long Term Debt and Capital Leases	9,322,731	9,585,154
<b>Total Liabilities</b>	<b>17,715,131</b>	<b>17,215,624</b>
<b>Total Fund Balances</b>	<b>(1,570,947)</b>	<b>(2,181,280)</b>
<b>Total Liabilities and Fund Balances</b>	<b>16,144,184</b>	<b>15,034,344</b>
Transfer to Restricted Investments after year end	500,000	

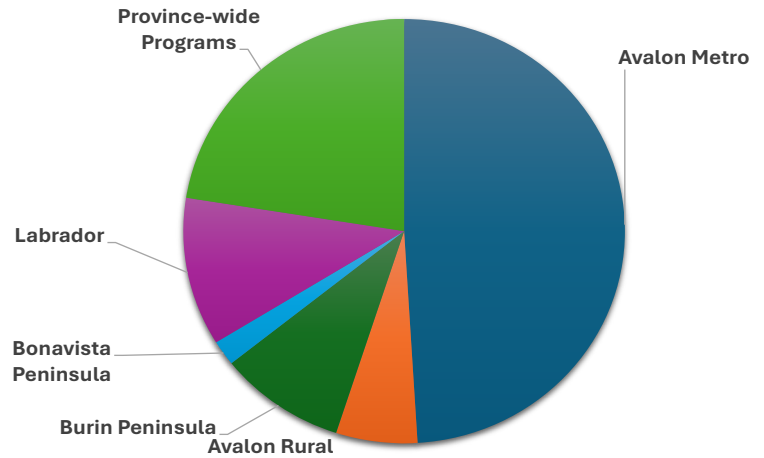
Complete audited statements are available for review  
by appointment in the office of the CFO

# Our Numbers

## REVENUE



## REVENUE BY REGION



**130,498**

**VISITS TO CHES PENNEY FAMILY YMCA**

**74,323**

**VISITS TO CENTRAL LABRADOR YMCA**

**66,728**

**VISITS TO MARYSTOWN YMCA**



**200**

**LOCATIONS AND POINTS OF PROGRAM DELIVERY IN NEWFOUNDLAND AND LABRADOR**

**10**

**NEW BUSINESSES STARTED**



**50**

**NEW CHILDCARE CENTRES IN DEVELOPMENT**



# Our Milestones



2023/2024 was another busy year for the YMCA of Newfoundland and Labrador. Expansion, new programs, and new partnerships were among the highlights. Here's a snapshot of what we accomplished with the help of staff, volunteers, funders, and donors.

- Construction of the Placentia Regional YMCA was completed.
- Continued expansion of YMCA Pre-K across the Province.
- Rollout of Diabetes Prevention Program – *Small Steps Big Changes*.
- Cycle-A-Thon for the Avalon Region at the Ches Penney Family YMCA raised close to \$10,000 for YMCA Financial Assistance.
- Staff Recognition Program – Shine On Awards.
- Marystown YMCA was the recipient of the Community Sector Organization of the Year Award presented by the Burin Peninsula Chamber of Commerce.
- A YMCA NL staff member was the Canada Young Leader Delegate and a World YMCA Change Agent representing our YMCA at the YMCA Youth Summit of the Americas (YYSA) in Bogotá, Colombia.
- The YMCA was selected to develop and operate five YMCA Child Care Centres to provide priority spaces for the families of Health Care Workers with NLHS.
- The YMCA Gift of Camp Campaign helped raise more than \$30,000 to help provide summer camp experiences to children in newcomer families and children in families facing financial obstacles.
- The Central Labrador YMCA collaborated with local agencies in the Labrador Region to assist with the response to the emergency evacuation caused by the fires in Churchill Falls and Labrador West.
- New school age child care sites were opened – Bay Robert's Primary, Juniper Ridge Intermediate (Torbay), and Holy Cross Elementary (Holyrood).
- The first cohort of the Teaching for Tomorrow Early Childhood Certificate Program graduated and the second cohort started the program.
- More than \$430,000 in YMCA Financial Assistance was provided so people in need could attend YMCA programs and services throughout the regions we serve.

# Avalon Peninsula (Metro) Region

HEALTH, FITNESS, AND AQUATICS - CHES PENNEY FAMILY YMCA \* INFANT, TODDLER, AND PRESCHOOL CHILD CARE \*  
PRE-K CHILD CARE \* SCHOOL AGE CHILD CARE \* DAY CAMPS \* EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES



pandemic Bob was diagnosed with cancer. He underwent radiation treatment that left him in rough shape with severe damage to his lungs. The recovery, isolation, and inactivity brought on a depression, and he felt he had little to live for.

With encouragement from his wife and doctors to start moving, a little bit at a time, Bob decided to join the YMCA. He has been a member more than 30 years ago and had fond memories of his experiences. Bob began walking on the track, swimming, and eventually began using the conditioning centre to do strength training.

***The YMCA is a godsend to me. The staff and friends I have made have given me incredible moral support. I feel a sense of relief every time I go and I'm on top of the world when I leave. I have made a lot of new friends, my lungs are so much better, and my mental health has improved tremendously.***

***I can't say enough about how the YMCA has impacted my life. I rarely miss a day. Everyone there goes out of their way to help, and I always feel so welcomed. Belonging to the YMCA keeps me going and I know I would be lost without it. I'm so grateful for what the YMCA has done for my wellbeing.***

- Bob Everson, YMCA Member

***I'd be lost without the YMCA. It's like a family that keeps me going.***

Robert (Bob) Everson has been coming to the YMCA just about every day since mid-2020. At the beginning of the

# Avalon Peninsula (Rural) Region

HEALTH, FITNESS, AND AQUATICS – PLACENTIA REGIONAL YMCA AT THE PLACENTIA REGIONAL WELLNESS CENTRE \*  
PRE-K CHILD CARE \* SCHOOL AGE CHILD CARE \* EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES



The Placentia Regional YMCA opened in September 2024. This fully accessible building is owned by the Town of Placentia and is operated by the YMCA of Newfoundland and Labrador. The facility includes an aquatics centre, fitness centre, indoor walking track, child minding services, and more!

One of the first members to join, Wanda-Lee Brooks, is already seeing the impact of the facility on her personally and on the region in general.

***Our new Placentia Regional YMCA is awesome! There are so many different exercise classes to do. The pool is wicked, and the gym equipment is top notch. The helpful and friendly staff greet you and are happy to show you around.***

"I was nervous to go in the first time, but I told myself that I needed this for my health and well-being and it didn't matter what others at the gym would think of me. I went in, joined and tried a few classes to see what I could do. I'm heavy and out of shape but I started, and I can't believe how far I've come in a few months. I finally feel like I'm doing something for my health, and I feel so much better!

The YMCA is accessible so any person can do the classes. Aquafit is a great place to start but there are more challenging classes and also classes for beginners. The instructors really care that you succeed. They make you feel welcome and help you every step of the way.

I hope more people join the YMCA here in Placentia to keep it going. We are so fortunate to finally have this facility in our region!"

*-Wanda-Lee Brooks, YMCA Member*



# Bonavista Peninsula Region

HEALTH AND FITNESS – BONAVISTA YMCA (IN DEVELOPMENT) AT THE DR. HILDA TREMBLETT WELLNESS CENTRE \*  
TODDLER AND PRESCHOOL CHILD CARE (IN DEVELOPMENT) \* PRE-K CHILD CARE \* EMPLOYMENT AND ENTERPRISE



"To say Madelyn has thrived since then would be an understatement. She has enjoyed having the opportunity to share with her new friends, who joined the program in September, what she already knows about the program. Although we know she is growing and changing, there have been so many positive changes that I know are because of her exposure to this program."

***The exposure to diversity, the creative self-expression this program allows with so many amazing toys and materials available, the structure, and not to mention the fun, are all helping Madelyn thrive! As a parent, I absolutely think the program is structured perfectly for the age that it meets.***

## YMCA Pre-K Helping Children Thrive!

In March of 2024 Danika enrolled her daughter, Madelyn, in the YMCA Pre-K program at Matthew School in Bonavista. Being the youngest in group, Madelyn took a little longer to settle than Danika expected, however with persistence and encouragement from both family & her YMCA Early Childhood Educators, Madelyn began to love the program and everything it involved.

"Another aspect that I love, as a parent, is that the program takes place in the elementary school, which helps with the adjustment to the school environment upon Kindergarten entry. This was evident during the sessions of Kinderstart Madelyn has attended so far. This program has been such an asset to Bonavista allowing these preschool aged children to have this great opportunity to experience."

- Danika Fisher, YMCA Pre-K Parent



# Burin Peninsula Region

HEALTH, FITNESS, AND AQUATICS – MARYSTOWN YMCA AT THE MARYSTOWN RECREATION COMPLEX \* PRE-K CHILD CARE \* DAY CAMPS \* EMPLOYMENT, ENTERPRISE AND NEWCOMER SERVICES



***The YMCA has been a true blessing to our family. Inclusion is so important and so powerful, and we see so many positive effects in Logan since joining the YMCA.***

Logan (age 6) is a smart, curious, determined, and outgoing little boy who was born with Spina Bifida. He primarily uses a wheelchair and is very independent, finding his own way to do everything his siblings and peers are doing (despite not being able to walk). Spina Bifida comes with many challenges; the biggest one being finding activities in which Logan can be included. Group activities are vital at an early age for social and physical development, especially for a child like Logan.

Logan's mom, Samantha, approached the staff at the YMCA in Marystown about the possibility for Logan to participate in group swimming lessons. Knowing that he would require some one-on-one coaching due to his disability, the YMCA staff were very accommodating so Logan spent the summer doing one-on-one lessons with DeeDee so she could get to know him and his abilities.

***Logan absolutely loved swimming lessons! We began to notice he was getting***

***stronger, and his physical capabilities were improving. Even his physiotherapist has noted his muscles are getting stronger and his ability to walk with a walker and/or holding someone's hand has greatly improved. We were so pleased that Logan finally had his own activity to look forward to and the exercise has been so beneficial to him!***

"Logan, now able to join his siblings and peers in group swimming lessons with an extra instructor in the pool to accommodate him, has a sense of belonging which has fostered positive social relationships and has contributed to his positive self-image.

Recently, Logan has developed the ability to stand unassisted for short periods of time! We believe swimming lessons have contributed to this milestone. The YMCA team has been absolutely wonderful in making Logan and our family feel welcome and included."

- Samantha Andrews, Logan's Mom, YMCA Member

# Labrador Region

HEALTH, FITNESS, AND AQUATICS – CENTRAL LABRADOR YMCA AT THE LABRADOR WELLNESS CENTRE \* TODDLER AND PRE-SCHOOL CHILD CARE \* PRE-K CHILD CARE (IN DEVT) \* DAYCAMP \* EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES



## Commemorating Strength and Bravery

Jennifer Bull is a volunteer fire fighter with the town of Happy Valley-Goose Bay. She's also an active member of the Central Labrador YMCA. For the past three years she has physically challenged herself as a way to honour the fire fighters who tragically lost their lives during 911.

***I completed the Memorial Stair Climb (aka 911 Tower Challenge) last September for the third year in a row. The challenge consists of climbing up 2071 stairs to represent the 110 floors of each twin tower. I do the challenge to remind myself of the strength and bravery exhibited by so many people***

***that terrible day, including 343 fire fighters who tragically lost their lives. The Central Labrador YMCA is an excellent place to complete this challenge with its wide-open spaces and friendly helpful staff. I am thankful to be a member of the YMCA and to have this beautiful facility to use for my various fitness needs.***

*- Jennifer Bull, YMCA Member & Volunteer on the CLYMCA Community Advisory Committee*

# Province Wide



## Enterprise Olympics Participant

In 2024 Star French participated in the YMCA 31st Annual Enterprise Olympics (EO) after the Entrepreneurship class they were in inspired them to turn their passion for crocheting into a business. Star placed third in the competition and was excited to be awarded \$500.

***Before EO I had this idea that business ventures were a sort of pipe dream.***

"I participated in the YMCA Enterprise Olympics (EO) and it was so fun! Seeing everyone's business concepts, and seeing people turn their business ideas into reality was really moving and impactful. Meeting with and seeing people who live in my community made me realize that a business venture is something tangible and happens all around me. I was shown incredible kindness at EO and I truly felt like I

wasn't alone. People were looking out for me and wanted me to flourish. It was the first time I felt like that when it came to business, and I really want to give that same kindness and generosity to others. I realize the importance of looking out for others in the same shoes as me.

Before EO I had this idea that business ventures were a sort of pipe dream. They were pleasant ideas, but they could never be sustained or be a way of living. EO drastically changed that for me! I got the reassurance that it is possible, and I can do what I love and have it be more than just a hobby. I can challenge myself and express who I am through my business, and I never would have had the courage to do so without the YMCA EO program."

*-Star French, YMCA Enterprise Olympics Participant*

# Environment, Diversity, Equity, and Inclusion

## Environmental Solutions - Youth from Natuashish making a difference!



YMCA Youth Community Action Network (YCAN) is a program designed to support young people ages 15 to 30 years to develop their community leadership skills by identifying and implementing a local service project that is meaningful to them. Under the guidance of a YMCA Co-ordinator, the youth collaborate with organizations in their communities and recruit them as partners to help address a social issue. As topics were explored, at the top of the list was food security and affordable access to health food.

Consensus among the group was that they wanted to work towards building their knowledge of growing in their climate, the subArctic. The school had already built a greenhouse; however, they had not yet filled it with soil. For weeks, the youth learned about different types of fruits and vegetables that they had never heard of, learned that some produce has multiple uses, and selected a large variety of seeds, bare root plants, and ways to augment nutrients into the soil. After a few setbacks, common for the isolated region, the soil was finally delivered to the community in June of 2024. Then the youth went to work on their unique project.

Almost a year later from when the youth first started planting seeds; they have a variety of produce growing! For a community that solely relies on food deliveries from planes or boat, this is truly a life changing experience for them. With the help of the YMCA, these youth are learning how to create sustainable food options and passing the knowledge on to their Elders and the younger generations.

### Leadership in Energy and Environmental Design (LEED)

LEED helps owners and developers create high performing, resilient buildings that are better for the environment. YMCA NL has been proud to assist municipal building owners with the LEED certification process.

- Marystown YMCA - LEED Gold Certification
- Central Labrador YMCA – LEED Silver Certification
- Placentia Regional YMCA – LEED Bronze Certification

### International Recruitment

The Atlantic Immigration Program (AIP) is a pathway to permanent residence for skilled foreign workers and international graduates from a Canadian Institution who want to work and live in one of Canada's four Atlantic Provinces. The program helps employers hire qualified candidates for jobs they haven't been able to fill locally. The YMCANL is a designated employer under this program.



# Donors and Funders

## Giving helps people and communities shine!

Barrier free access to programs is a cornerstone of the YMCA mission. Donor investments help shape YMCA stories. Through their generosity, our donors are making the YMCA a place where everyone belongs and has the opportunity to thrive. Thank you to the many donors, volunteers, and funders who help the YMCA provide possibility and potential. You are part of a charity that touches thousands of lives with hope, nurturing, wellness, and belonging.

### COMMUNITY BUILDERS (\$100,000+)

The Joyce Family Foundation

### PARTNERS (\$25,000 - \$99,999)

Grieg Seafood Newfoundland  
The Hilary and Galen Weston  
Foundation  
Horizon Maritime

### LEADERS (\$5,000 - \$24,999)

Gordon Butler Estate

### SUPPORTERS (\$1,000 - \$4,999)

Avalon Laundry Inc.  
CG HVAC Services  
ClearRisk  
Craig & Heather Rowe  
Hickman Automotive Group  
Higher Talent  
Kent Building Supplies, Atlantic  
Canada  
Kids Eat Smart Foundation  
Laurie Skinner  
Newfoundland Labrador Liquor  
Corporation  
NLCU Charitable Foundation  
Verafin  
VOCM Cares Foundation

### INDIVIDUAL DONORS (UP TO \$999)

Shohreh Afzali  
Hubert Alacoque  
Nasomi Amarajeewa  
Joe Andrews  
Stefanie Baggs  
Jessica Banfield  
Andrea Barnes  
Mary Heartzel Benigno  
Brandon Blagdon  
Frances Bowen  
Rhiannon Broadfoot  
Juanita Brown  
Murray Brown & Barbara James  
Melissa Browne  
Kathleen Burgoyne  
Darlene Burke  
Jennifer Button  
Ted Cadigan  
Sandy Cameron  
Gail Christopher

Maken Conde  
Stephanie Conway  
Paul Coxworthy  
Alisa Craig  
Shreenivasy Cundasamy  
Christine Delahunty  
Walter Dicks  
Heather Drake  
Andrea Duguid  
Kyran Dwyer  
Olivia Earle  
East Coast Therapeutics Ltd.  
Carla Edwards  
Scott Eldridge  
Tony Elliott  
Craig Ennis  
Lori Evans  
Jody Evoy  
Erin Fitzpatrick  
Darren Fowler  
Twyla Fradsham  
Joanne Hamel  
Natasha Hanton-Squires  
Oscar Hanson  
Chrissy Harvey  
Roma Hennebury  
Kimberly Hodder  
Margie Howell  
Morgan Hynes  
Hannah Janes  
Mona Johal  
Sona Johal  
Jess Jones  
Anna Kannenberg  
Tina Kean  
Joseph Kearsey  
Cynthia Kelly  
Alexandra Keough  
Angela Kinsella  
Gowrilingeswari Lakshmanan  
John Langdon  
Kristen LewisCat Murphy  
Lovers at Work Office Furniture  
Charlie Maloney  
Stephen March  
Edward Martin  
Amanda Matthews  
Sharon McLennon  
Joshua Mercer  
Ashlee Miller  
Jack Moulton  
Rachel Mteule  
Donalda Murley  
Christina & Colin Murphy  
Bernadette Nolan  
Sarah Norman  
Michelle Northover  
Larry O'Brien  
Stacey O'Dea  
Jaclyn O'Keefe

Christa Pack  
Margarita Palmera-Nunez  
Parkland Corporation  
April Parsons  
Jeff Pawley  
Krista Payne  
Allison Pennell  
Rebecca Penton  
Michel Pike  
Megan Pottle  
Wanda Power  
Machel Rayner  
Deborah Rehner  
Fran Rose  
Elizabeth Rotchford  
Royal Canadian Legion Branch  
Terri Ryan  
Annette Saunders  
Sadeea Shabnum  
Lisa Sheppard & Chris Peddle  
Barry Smith  
Stephanie Smith-Hawe  
Rebecca Smyth  
Geraldine Soverano-Critch  
Sherry Squires  
Amanda Squires  
Christina Stacey  
Todd Stanley  
Damon Stewart  
Douglas Symonds  
Stephanie Tibbo  
Amanda Tiller  
Lynn Trainor  
Leah Traverse  
Sally Tuttle  
Dakota Vatcher  
Janet Vivian-Walsh  
Irene Walden  
Cindy Wall  
Joanne Wall  
Denise Walsh  
Samantha Walsh  
Tim Warren  
Arnold Wearn  
Joanne Welsman  
Sandy White-Meelee  
Cathy Williams  
Margo Wilson  
Jennifer Woodford  
Janine Woodrow

### PROJECT FUNDERS

Government of Canada  
Government of Newfoundland  
and Labrador  
ParticipACTION  
Recreation NL

### FUNDING FOR YMCA EMPLOYMENT, ENTERPRISE, AND NEWCOMER SERVICES IS PROVIDED BY:

Emera  
Fig Fund  
International Grenfell  
Association  
RBC Foundation  
  
Government of Canada,  
Employment and Social  
Development Canada  
Government of Canada, Atlantic  
Canada Opportunities Agency  
Government of Canada,  
Immigration, Refugees and  
Citizenship Canada  
Government of Canada, Service  
Canada  
Government of Canada, Public  
Health Agency of Canada  
  
Government of NL, Department  
of Education  
Government of NL, Industry,  
Energy and Technology  
Government of NL, Department  
of Immigration, Population,  
Growth and Skills

Canada

Newfoundland  
Labrador

Atlantic Canada  
Opportunities  
Agency  
Agence de  
promotion économique  
du Canada atlantique

Canada





## Reconciliation

The YMCA Federation in Canada's Statement of Reconciliation was unanimously approved by all YMCAs in Canada and strengthens our dedication to reconciliation with Indigenous Peoples and communities in Canada. It is reflective of the YMCA Federation's commitment to fostering a sense of belonging for all and its values of inclusiveness, accountability, and collaboration.

## Mission

The YMCA is a charity open to everyone at all stages of life, that provides opportunities to grow in spirit, mind, and body.

## Vision

A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

## Values

Caring, Honesty, Respect, Responsibility, Diversity, Inclusiveness



Shine On

**YMCA OF NEWFOUNDLAND AND LABRADOR**

[ymcanl.com](http://ymcanl.com)

[info@nl.ymca.ca](mailto:info@nl.ymca.ca)

CRA #108225533RR0001