

PROGRAM EXPERIENCES



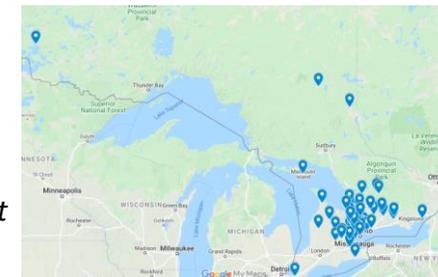
HIGHLIGHTS



16,275 Youth and caring adults benefited from your donation through conversations promoting well-being, self-care and hope, and receiving information on resources

GEOGRAPHIC OUTREACH TO DATE

“ I love the positivity and being kind messages. During online learning it's difficult to have students engage - I loved the online activities because I thought it was such a fun way to engage even the shy students. I was so happy with today's presentation!”



VISION

For all youth to be inspired and empowered to live resilient and meaningful lives

MISSION

To create important conversations promoting well-being, compassion and hope, by empowering youth to share personal stories and coping strategies through in-person and online presentations.

THANK YOU TO OUR FUNDERS & SPONSORS

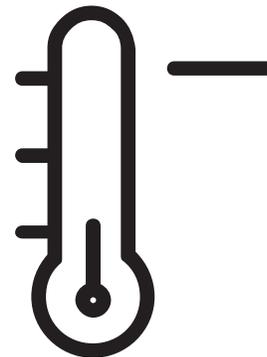
With **generous donations** we were able to provide:

- **Sponsor-A-School project:** two assemblies
- **Trainings:** Neurobiology, substance use, public speaking



CALL FOR ACTION!

To help us pivot to a digital space, we are looking to raise **\$100,000**. We are **80% away from our goal!** To help us achieve this goal, please consider donating at [Canada Helps](https://www.canadahelps.org)

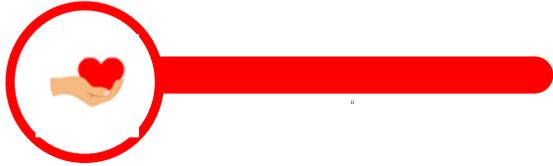


Through leadership, training and sharing personal stories, YouthSpeak will continue to empower youth to **build resilience**, **hope**, and learn **coping strategies** in challenging times such as now



ANNUAL REPORT

PARTNERS/DONORS/FUNDERS



- | | |
|--|------------------------------|
| Deloitte | Cadillac Fairview |
| Coldwell Banker The Real Estate Centre | Bell Lets Talk |
| Cathy Lawlor | United Way – Local Love Fund |
| Employment Ontario | Dollar A Day Foundation |
| Summer Jobs Canada | Ryerson University |
| Commonwell Insurance Group | Town of Aurora |

MESSAGE FROM UNA WRIGHT, EXECUTIVE DIRECTOR

Even prior to the pandemic hit, it was a challenging year for schools and for youth! Our team were responsive and innovative in order to create new ways to reach youth in the current circumstances. As such, they quickly adapted or our in-person presentations to a virtual platform and accessed social media to provide for-youth-by-youth self-care strategies on weekly Instagram Lives, Youtube, podcasts and Tik Tok. As well, we launched a Self-Care Toolkit workshop for parents and kids.

We are grateful for a caring community that has supported us as we pivoted to be responsive to these changing times. However, there is so much to be done in order to build the skills of our youth and get these self-care strategies and information on resources shared in front of the kids who need it most.



MESSAGE FROM MICHAEL ARETUSI, YOUTH FACILITATOR



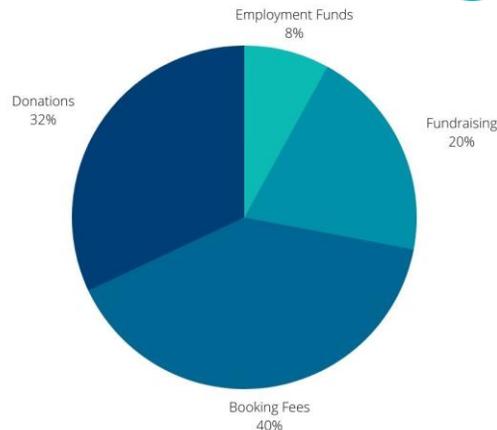
On behalf of the YouthSpeak team of speakers and facilitators, I would like to thank everyone who supported us throughout the year. As an organization we encountered many new challenges as our daily operations changed due to the COVID-19 Pandemic. We successfully adapted our programming to support virtual platforms, which was completely new challenge for us.

The results of the initiatives we have implemented as a team have allowed us to recognize our resilience and commitment to our mission. We are more excited now than ever before to continue to use our voice to empower ourselves and others. We are looking forward to another year of incredible growth and opportunity for YouthSpeak Performance Charity. Thank you for joining in on this journey with us!

MESSAGE FROM JEREMY ANDERSON, BOARD CHAIR

2019/2020 was a year of challenge and change for YouthSpeak. In-school presentations slowed due to ongoing labour discussions between Ontario teachers and the provincial government and then they completely ground to a halt due to COVID-19. However, our organization’s commitment to support youth mental health never wavered.

I am extremely proud of our team’s dedication and hard work as they pivoted our programming and presentations to the virtual world and continued sharing their powerful stories and positive messages. I am looking forward to more great things to come!



Board of Directors

-   Jeremy Anderson, Board Chair
-   Alicia Bavelaar, Vice Chair (retired July 2020)
-   Sam Chan, Treasurer
-   Diana Lacaria, Secretary
-   Ilona Kumpula, Director (retired March 2020)
-   Andrea Leacock, Director
-   Tara Kissoon, Director
- Brian Katz, Director (retired August 2020)
- Thanuya Mohanathas, Director