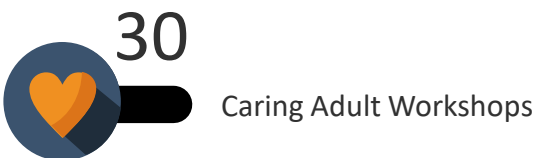
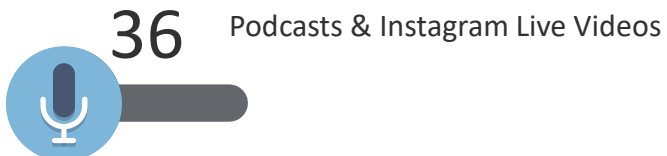
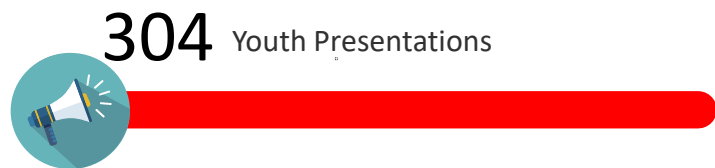


## PROGRAM EXPERIENCES



## HIGHLIGHTS



**32,924** Youth and caring adults

benefited from conversations promoting well-being, self-care and hope, and receiving information on resources

## IMPACT

*"The presentations were appropriate, engaging and inspiring. The fact that the sessions are facilitated BY youth FOR youth, render them much more powerful and impactful. Centering youth voices as means for increasing wellbeing and mental health among students, is key! Thank you for your presentations and for your commitment toward kids!"*  
Simona Emiliani, Principal Humbercrest PS

*"Thank you very much for an amazing presentation today! My students were talking about it all day. The strategies you taught in the presentation were absolutely wonderful, and we will continue to practice them! I shared the workbook with my students' families and they are so very thankful! Thank you very much!"*  
Samantha Garisto, Teacher, Bishop Scalabrini

### 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:

- Provide training for youth staff – Culturally-Sensitive Trauma Training; Speaking Skills; Equity
- Provide workshops for schools in need
- Provide IG Lives, Podcasts and other online self-care resources for youth

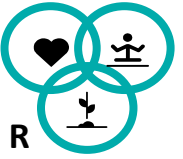
## CALL FOR ACTION!



To help us expand our reach, we are looking to raise **\$100,000**. To help us achieve this goal, please consider donating at [Canada Helps](#)



Through leadership, training and sharing personal stories, YouthSpeak aims to **increase empathy, self-worth, resilience** and **youth seeking out resources**



## PARTNERS/DONORS/FUNDERS



Ontario Trillium Foundation

Coldwell Banker The Real Estate Centre (CBTREC)

Employment Ontario

TD Bank Group

McConnell Foundation

Cathy Lawlor

Bell Lets Talk

Ryerson University

Youth Philanthropy Initiative

Introcap

Lisa Malcolm

## MESSAGE FROM JEREMY ANDERSON, BOARD CHAIR

YouthSpeak continues to be a leader in the youth mental health awareness and education space. I am very proud of our organization and our team's continued dedication to making a positive impact on the lives of so many young people.

A few highlights a welcomed return of our HOOPS charity basketball tournament in partnership with CBTREC which was a tremendous event and enjoyed by all participants; our first online auction fundraiser during mental health awareness month which was great success; the completion of our Theory of Change initiative, supported by Innoweave which helps us strive for excellence in impact; and the rollout of a fresh rebrand, including a new logo and website design as an excellent representation of YouthSpeak's mission.

We look forward to a continued return to in-person presentations, growth, and a wonderful year ahead. Thank you to everyone who continues to support our organization!

## MESSAGE FROM UNA WRIGHT, EXECUTIVE DIRECTOR

We kicked off the 2021-22 school year well positioned to face the challenges of uncertainty that schools were facing, as well the demands due to student and staff well being. Thanks to the grant through the Ontario Trillium Foundation to support our Youth Facilitator positions, we were able to build a strong team to lead the way.

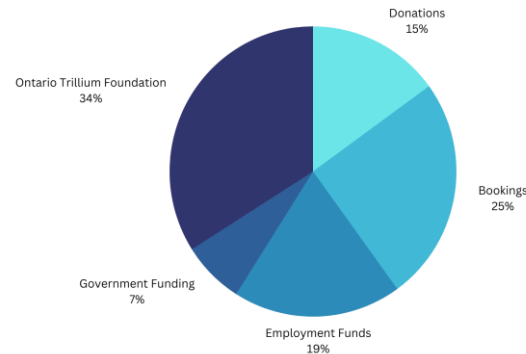
As we moved into the 3rd quarter, already having increased our number of presentations by 30%, schools moved back to in-person learning, and our team had to quickly adapt once again. As such, we were able to provide much-needed training through a grant with the TD Bank Group that also supported presentations for schools in higher need.

We are grateful to a caring community for the support as we adapt and expand during these challenging times. We look forward to working closely with schools to continue supporting their Well-Being initiatives as we journey into the 2022-2023 school year.

## MESSAGE FROM QUINTON BARNES, YOUTH FACILITATOR

On behalf of the YouthSpeak team, I would like to thank you so much for all your support this year. As an organization we have adapted, grown and responded to the current times, providing new presentations like Boys as Allies, our Six-Week Program, and the School Survival Guide. One of the highlights of the year was our participation in the Black Youth Conference, where our team presented and received such enthusiastic feedback that we were asked to come back again the next month.

Our team is feeling enthusiastic and motivated entering this new year, and we're looking forward to delivering more in-person presentations and expanding the reach and impact of our organization. With this transition to in-person, we've been able to recognize the tangible impact that our work has on students, and it's been a positive and encouraging source of motivation and inspiration for us all. Here's to another year filled with success, growth and opportunity for YouthSpeak!



## Board of Directors

- Jeremy Anderson, Board Chair
- Sam Chan, Treasurer
- Diana Lacaria, Secretary
- Jacky Jin, Director
- Fatima Malik, Director
- Andrea Waghorn, Director