



ANNUAL

September 2022–August 2023

REPORT

YOUTHspeak
Charity, Since 2003.



IMPACT

2022-2023

32,924 youth and caring adults benefitted from your contributions through conversations promoting well-being, self-care and hope, along with providing information on resources.



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.



Values

To increase **Self-Worth, Empathy, Resilience and Awareness**





HIGHLIGHTS



OUR PARTNERS AND SUPPORTERS



Cathy Lawler
Sales Representative,



Seneca 360



COLDWELL BANKER
THE REAL ESTATE
CENTRE, BROKERAGE



THE REAL ESTATE CENTRE
OF CANADA

Government of Canada Gouvernement du Canada



FROM YOUR CONTRIBUTIONS WE WERE ABLE TO PROVIDE:

Training for Youth Staff



✓ Weekly Speaking
& Facilitation Skills



✓ Neurodivergence
(Kristen Light, Communication Strategist)



✓ Affirming Spaces
(Kevin Bray, Gender Diversity Consultant)



✓ Solution-Focused
Communications
(Vicky Essebag, Certified Coach)



✓ Inclusive Trauma-
Based Training
(Shivani Gupta MSW, RSW)



More Content Creation



✓ 5+ IG Lives, 4 Podcasts,
12+ TikToks *(follower increase of 3%)*



✓ 5+ Blog Posts, Newsletters
(2 sponsored blog posts)




✓ 7+ Self-care resources for
youth and caring adults



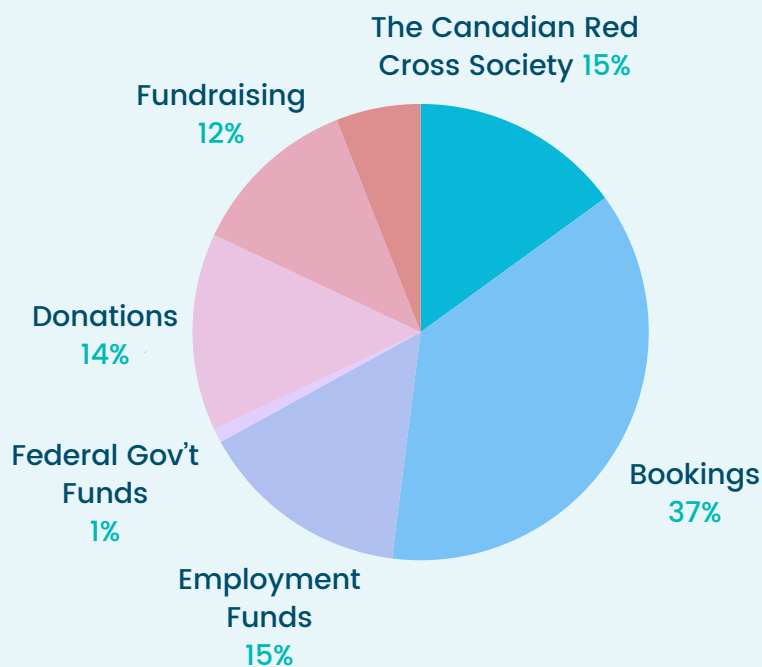
Through leadership, training and sharing personal stories,
YouthSpeak aims to increase empathy, self-worth, resilience
and provide available resource information on our website.



Impact Summary

204  Youth Presentations

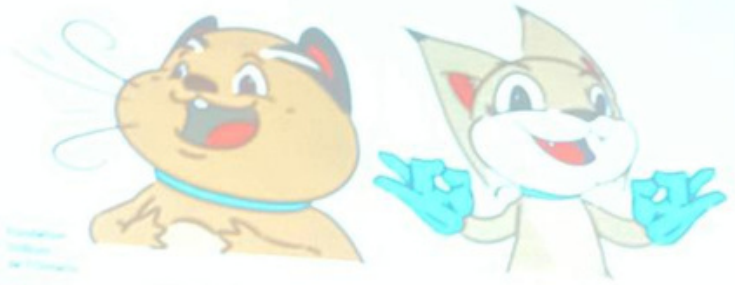
5  Podcasts & IG Lives



YOUTHspeak
IS MADE
POSSIBLE
WITH
YOUR
SUPPORT

Self-Care Toolkit

Let's Go on a Journey!

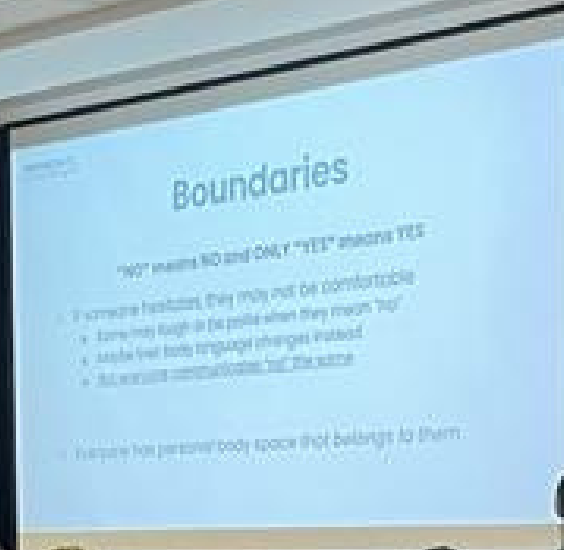


TESTIMONIALS

This presentation shared important messages that parents found helpful in navigating social challenges our youth face in today's world. We look forward to having you in again!

– Michelle Eisen, Principal, Clearmeadow P.S.





They opened up the space for everyone to share and provided valuable information, resources and support. Coordinating their visit was easy and they provided generous support to our school and our event. We cannot wait to work with YouthSpeak again!

– Angela Casullo; High School teacher & GSA Advisor

CALL TO ACTION



To expand our reach and impact, **we are looking to raise**

\$100,000

by August 2024, in order to help us achieve this goal,
please consider donating at [Canada Helps](#).

A MESSAGE FROM THE STAFF

On behalf of the YouthSpeak team, I would like to thank you all so much for your support this year. We have worked as a team, and with our community partners to grow, adapt, and respond to the current times, providing presentations through a lens of critical thinking and empathy. One of the highlights of the year was our AWAKE Conference, which was an amazing experience to bring our team and community together. We are excited to be hosting AWAKE again this year!

Speaking of the new year, our team is excited and motivated to deliver more presentations and expand the reach and impact of our organization. We have been able to see the tangible impact our work has on students, and it further motivates and inspires us to keep doing what we do. Here's to another year filled with inspiring stories, success, and growth for YouthSpeak!

– Cedric Tse, Youth Facilitator



A MESSAGE FROM THE BOARD CHAIR

This year marks a significant milestone for YouthSpeak as we celebrate our 20th year of providing services. Amid challenges, we've not only sustained our impact but also reached new heights in promoting youth mental health awareness. Our adaptability has allowed us to expand our reach and develop impactful programs, resonating with audiences more deeply than ever.



Jeremy Anderson
Board Chair

The 20th year has been a time of both a reflection of our journey and an opportunity to recommit to addressing the evolving mental health needs of young people. With enhanced program offerings, we've seen unprecedented impact, thanks to the unwavering support of our team, volunteers, donors, and partners.

As we move forward, we're inspired by our past achievements and motivated by the critical importance of our mission. We remain dedicated to breaking down barriers and fostering a world where every young person feels empowered.

Thank you to all who have supported us over these two decades. We look forward to continuing our journey of making a positive impact on youth mental health.



Anika Wallia
Director



Jacky Jin
Director



Collin Dawes
Director



Sam Chan
Treasurer



Fatima Malik
Fundraising Chair

**BOARD OF
DIRECTORS**



A MESSAGE FROM EXECUTIVE DIRECTOR

The 2022-23 year was a year of demonstrated resilience as an organization as we persevered through a challenging time related to funding. However, we most definitely rose to the challenge and continue to support schools in their youth mental health and inclusivity work with our youth-led interactive programs.



During the spring of 2023, we initiated our Social Media Influencer project in response to a growing concern identified by our team about the negative messaging youth are exposed to online. This prompted our Weekly Debrief meetings, which are supported once a month by a registered Social Worker. Our team of Youth Facilitators also engaged in various trainings related to Neurodivergence, Equity and Trauma to inform their work in the schools and community organizations.

We were able to offer schools a pilot project, our 6-Week Mental Health and Inclusivity Program for grades 6-8, which we delivered in a total of three schools throughout Ontario.

We were excited to be back in person for our annual AWAKE conference for high school students to engage with our youth, with community partners and to try out a range of positive activities. We also held our 5th annual HOOPS charity youth basketball tournament sponsored by our corporate partner, Coldwell Banker The Real Estate Centre Brokerage.

We continue to be grateful to a caring community for the support. We look forward to working closely with schools as we journey into the 2023-2024 school year!

A handwritten signature in black ink that reads "Una Wright".

Una Wright
Executive Director



CONNECT with Us

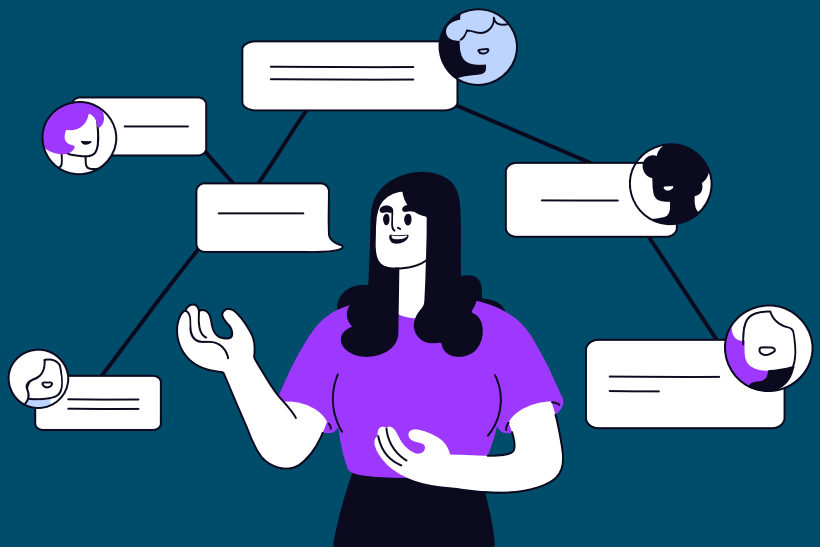


@YouthSpeakCan

- Self-Care Content
- Interviews with Mental Health Professionals

For Program Inquires

- (905) 967 - 0604
- office@youthspeak.ca



Book a Presentation Today at:

www.youthspeak.ca

Thank you for your support!