

# ANNUAL REPORT

**YOUTHspeak**  
Charity, Since 2003.

September 2024 –  
August 2025





# IMPACT

## 2024-2025

**25,000+** youth and caring adults benefitted from our youth-led interactive mental health and inclusivity presentations.





## 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**



# OUR PARTNERS AND SUPPORTERS





# Sponsor & Donor Contributions Helped Us Provide:

## Training for Youth Staff



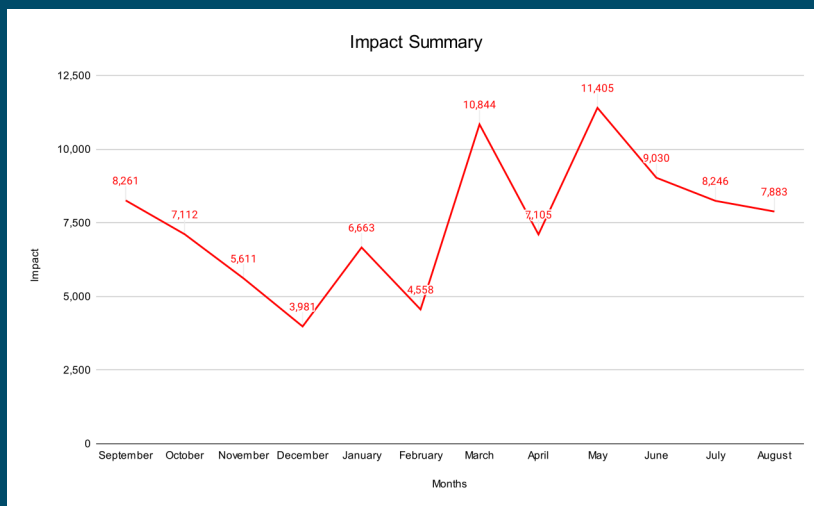
- ✓ Facilitation & Speaking Training and Coaching
- ✓ Monthly Debriefs with Registered Social Worker  
(Shivani Gupta MSW, RSW)
- ✓ Be There, Jack.org Certificate Training  
(Jack.org)
- ✓ Second City Improv 4-Part Series  
(Second City Toronto)

## More Content Creation




- ✓ 11 IG Lives, 61 TikToks, 12 Podcast episodes
- ✓ 12 Blog Posts, ?Newsletters
- ✓ More self-care resources for youth & caring adults

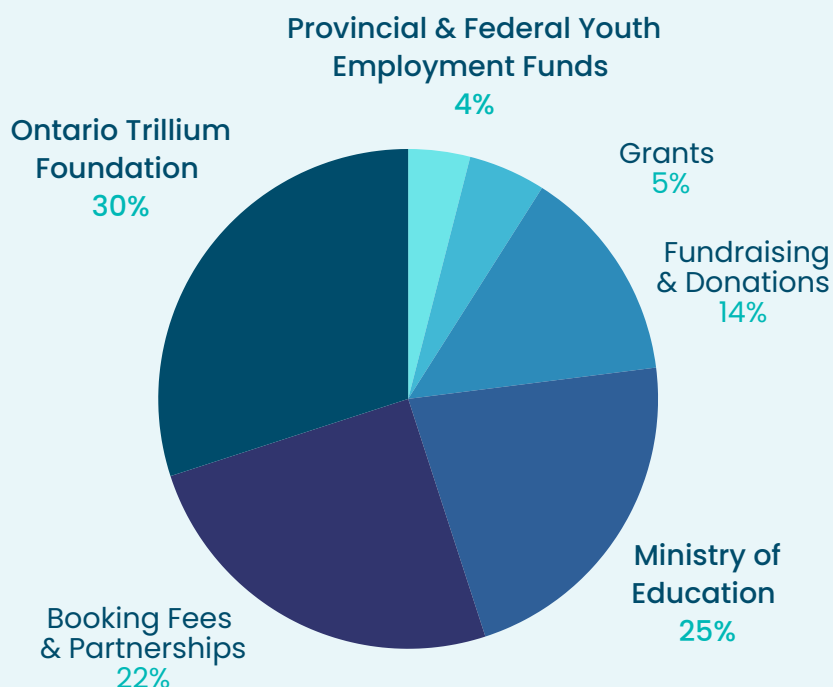
Through leadership, training and sharing personal stories,  
**YouthSpeak aims to increase empathy, self-worth, resilience**  
and encourage help-seeking behaviour



## Impact Summary

266  Youth & Caring Adult Presentations

25K  Participants reached

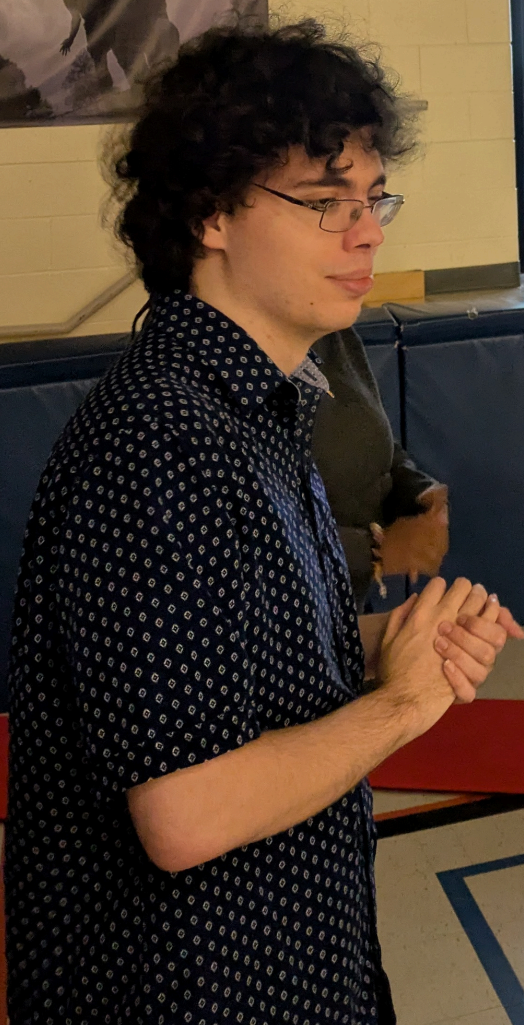
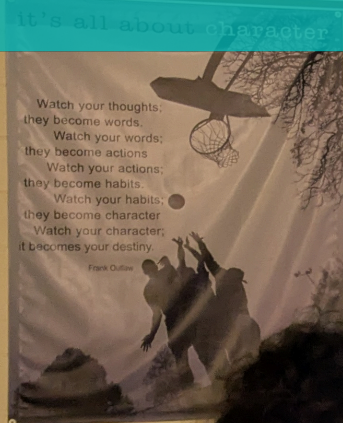


**YOUTHspeak**  
**IS MADE**  
**POSSIBLE**  
**WITH**  
**YOUR**  
**SUPPORT**

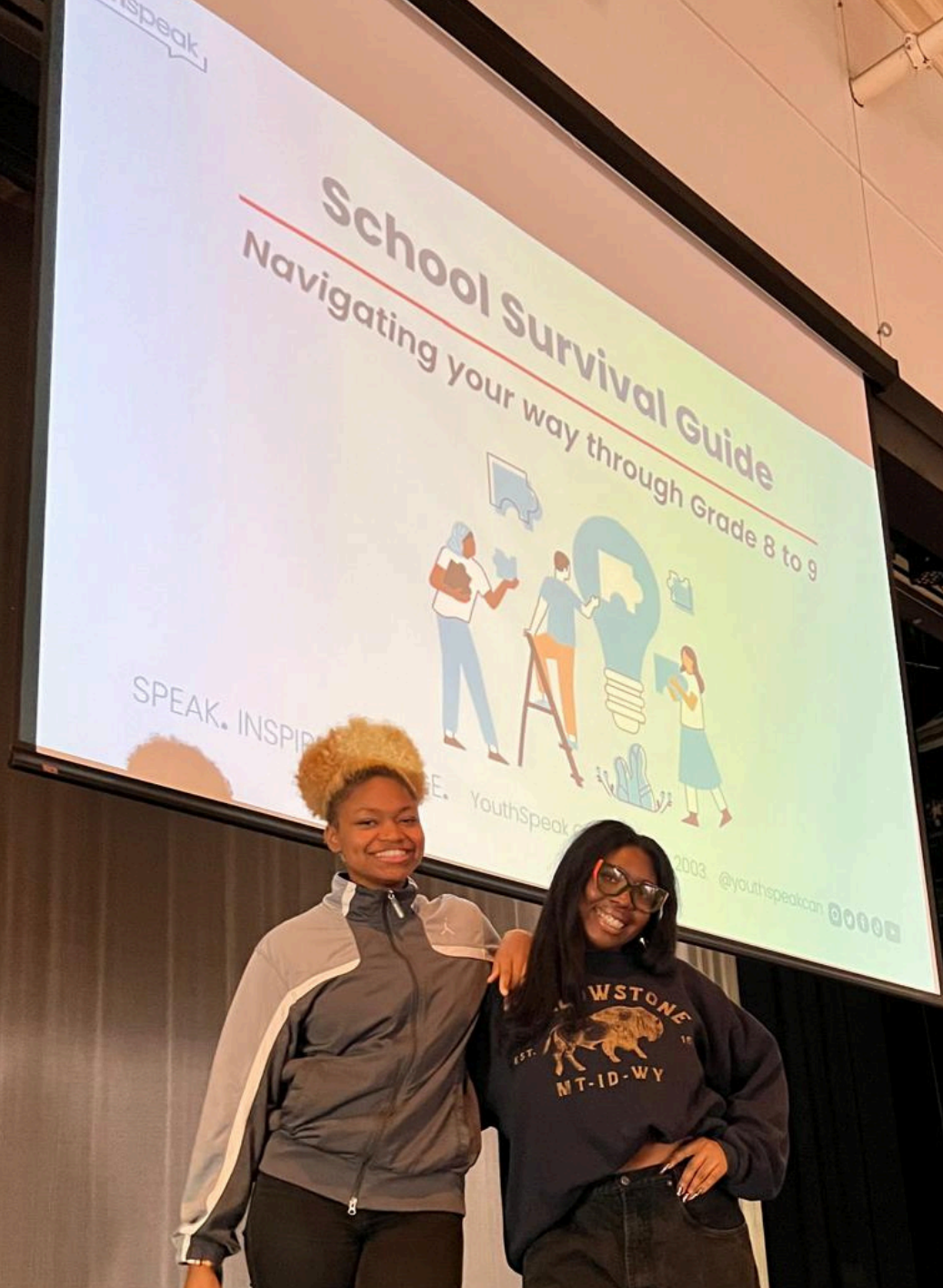


What a delight it was to have your three awesome speakers talk to our Grade Niners! Their ability to connect with the kids was uncanny. They were the highlight of the day. I loved their stories, and think all of the kids could of connect with one of the profound stories that they shared. My only regret was that I did not have someone like them to speak to when I was in grade 9. Thank you so much!

– Crystal McNeil, Region of Durham





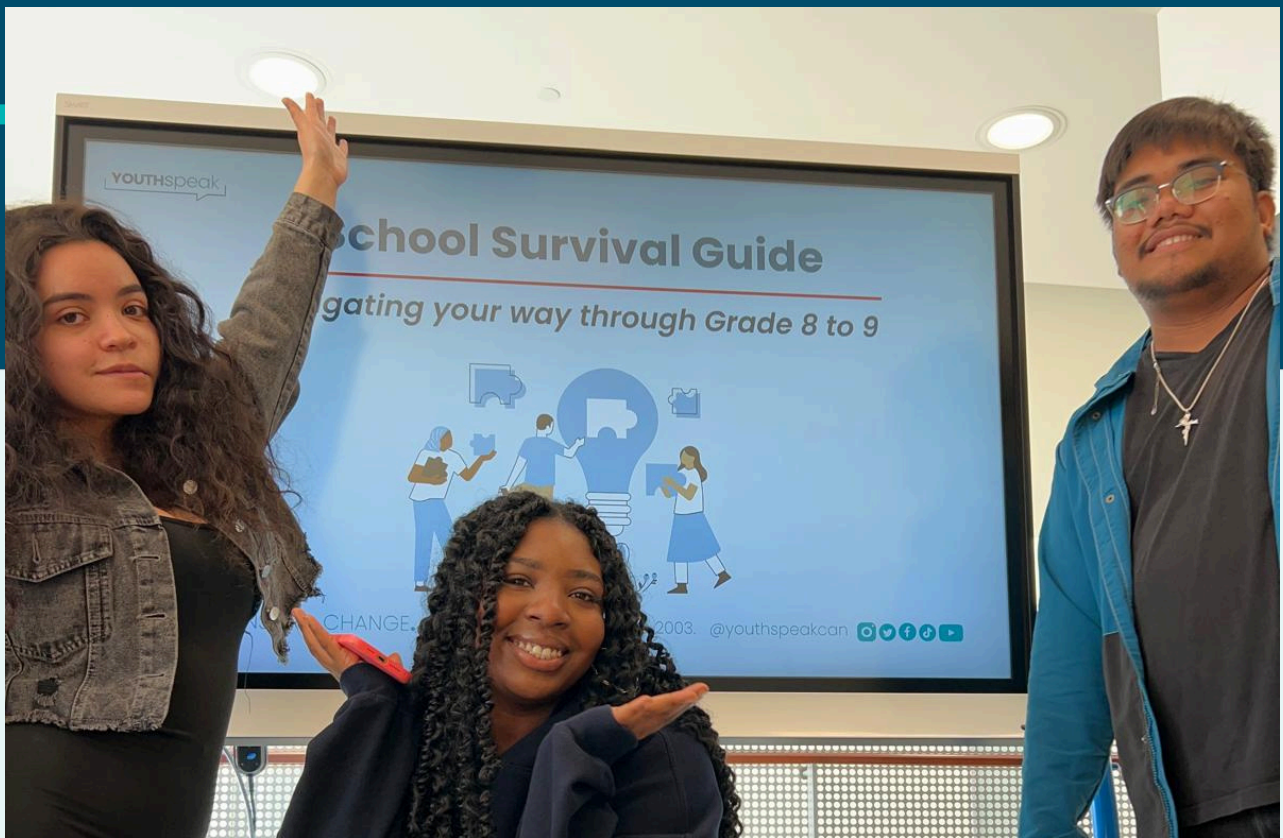


**The speakers were warm and open about their experiences, which helped students who are transitioning to Grade 9, feel at ease. The presentation was polished and engaging & I would highly recommend booking them for your school.**

*– Tanja van Loenen, St. Katharine Drexel CHS*



# CALL TO ACTION



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

# \$100,000

**by August 2026**, o help us achieve this goal,  
*please consider donating at Canada Helps.*





# A MESSAGE FROM THE STAFF

This past year at YouthSpeak has been a journey of growth and continuous learning. Through ongoing training and hands-on practice, we've elevated our presentations to be even more engaging, creative, and interactive than before. Improv training has been a gift to our team—not only enhancing our creativity, but, also strengthening our teamwork and mutual support.

We are thrilled to have expanded our programming to include school clubs, which have proven to be a great success. These clubs provide students with a safe space to build friendships and gain confidence through public speaking, empowering them to take on new challenges with confidence.

We would like to extend our heartfelt thanks to all of our supporters and community partners. Your belief in our mission makes it possible for us to continue to inspire and empower youth through our programs. We're excited to keep growing, learning, and collaborating in the year ahead as we work together to create positive change in the lives of young people.

– *Cedric Tse, Programs Coordinator*





# A MESSAGE FROM THE BOARD CHAIR

437,000. That is a number worth pausing on. Over the years, YouthSpeak has helped to strengthen youth mental health and resilience in communities across Southern Ontario. In a time when youth mental health is a priority for families, educators, and community leaders, this impact reflects both urgent need and meaningful hope.

YouthSpeak's work reaches young people experiencing challenges related to bullying, racism, homophobia, online issues, and the stigma that still surrounds mental health. Through the personal stories of Youth Facilitators who share coping strategies and resources, students are invited into open, honest conversations that validate their experiences and encourage them to seek support. Each presentation helps young people feel seen and heard, and in doing so, nurtures the potential of the next generation.



**Allan Hoyle**  
*Board Chair*

This impact is powered by a dedicated team whose compassion and professionalism are evident in every school, workshop, and community setting they visit. The Board extends deep appreciation to YouthSpeak staff whose daily efforts turn vision into tangible change in the lives of youth.

YouthSpeak's work is sustained by a strong circle of partners and donors who share a commitment to youth mental health. The Ontario Trillium Foundation and the Ministry of Education provide essential ongoing support, alongside generous contributions from other donors, including the TD Bank Group. Their investment helps ensure that more young people, families, and schools can access YouthSpeak's programming when it is needed most.

At the heart of this organization is its founder and Executive Director, Una Wright, whose vision, passion, and unwavering dedication have guided YouthSpeak since its early days. Her leadership continues to inspire innovation, integrity, and compassion throughout the organization. On behalf of the Board of Directors, sincere thanks are offered to everyone who has contributed to this work, and there is a shared commitment to another year of reaching youth, amplifying their voices, and building a healthier future together.



**Anika Wallia**  
*Secretary*



**Sam Chan**  
*Treasurer*



**Teya Zuzek**  
*Director*



**Collin Dawes**  
*Director*



**Rahul Sapra**  
*Director*



**Nicole Chanderpaul**  
*Director*



**Fatima Malik**  
*Fundraising Chair*



**Alison Moonsie**  
*Director*



**Jeremy Tammy**  
*Director*

## BOARD OF DIRECTORS

# A MESSAGE FROM EXECUTIVE DIRECTOR

The 2024-2025 year was a period of remarkable growth for YouthSpeak, driven by our second consecutive year of support from the Ontario Trillium Foundation and the Ministry of Education. These sources of funding have empowered us to enhance training for our youth facilitator team, elevate program content and delivery, strengthen our organizational capacity, and cultivate impactful partnerships with youth-serving organizations that share our mission.



To date, our reach has extended to over 437,000 individuals through more than 3,915 speaking events, supported by the dedicated efforts of 133+ trained Youth Leaders. This depth of experience positions us as knowledge leaders in youth engagement and gives us a solid foundation to expand our programs and connect with even more youth in the future.

Our team demonstrates courage and passion every day, driven by the goal of making a meaningful difference. Sharing lived experiences through our for-youth/by-youth model creates transformative change, as reflected in countless testimonials and impact stories from students, educators, parents, and caring adults who have witnessed the power of our speakers.

We are deeply grateful to our funders, donors, and the broader community whose partnership helps us strengthen our programs and better support youth mental health and belonging. Your support is essential, and we look forward to continuing our shared efforts in the 2025-2026 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:

*Thank you for your support!*

[www.youthspeak.ca](http://www.youthspeak.ca)

