

Annual Report 2017/18

New Leaf Foundation
Charitable # 854956794RR0001
newleaffoundation.com





“I’m happier and have less stress – well, I might have the same amount of stress, but I handle it differently now.” — [New Leaf Participant](#)

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“I got a big sense of relief from the program. We learned how to breathe very evenly and do it throughout the day.” — New Leaf Participant

Letter from our Director

The 2017/18 year has been a fantastic one for New Leaf, and I would like to take a moment to thank all of our programming partners, funders, facilitators, staff and participants for their dedication.

This year marked a huge milestone for us, which was the launch of a new training for educators, called *Building Blocks of Resilience*. Designed to support school teachers in taking care of their own stress as well as enabling them to help take care of the stress their students may be experiencing, this training acknowledges that we are all part of the circle and to support young people in the best way possible, we have to support the adults in their lives who care for them.

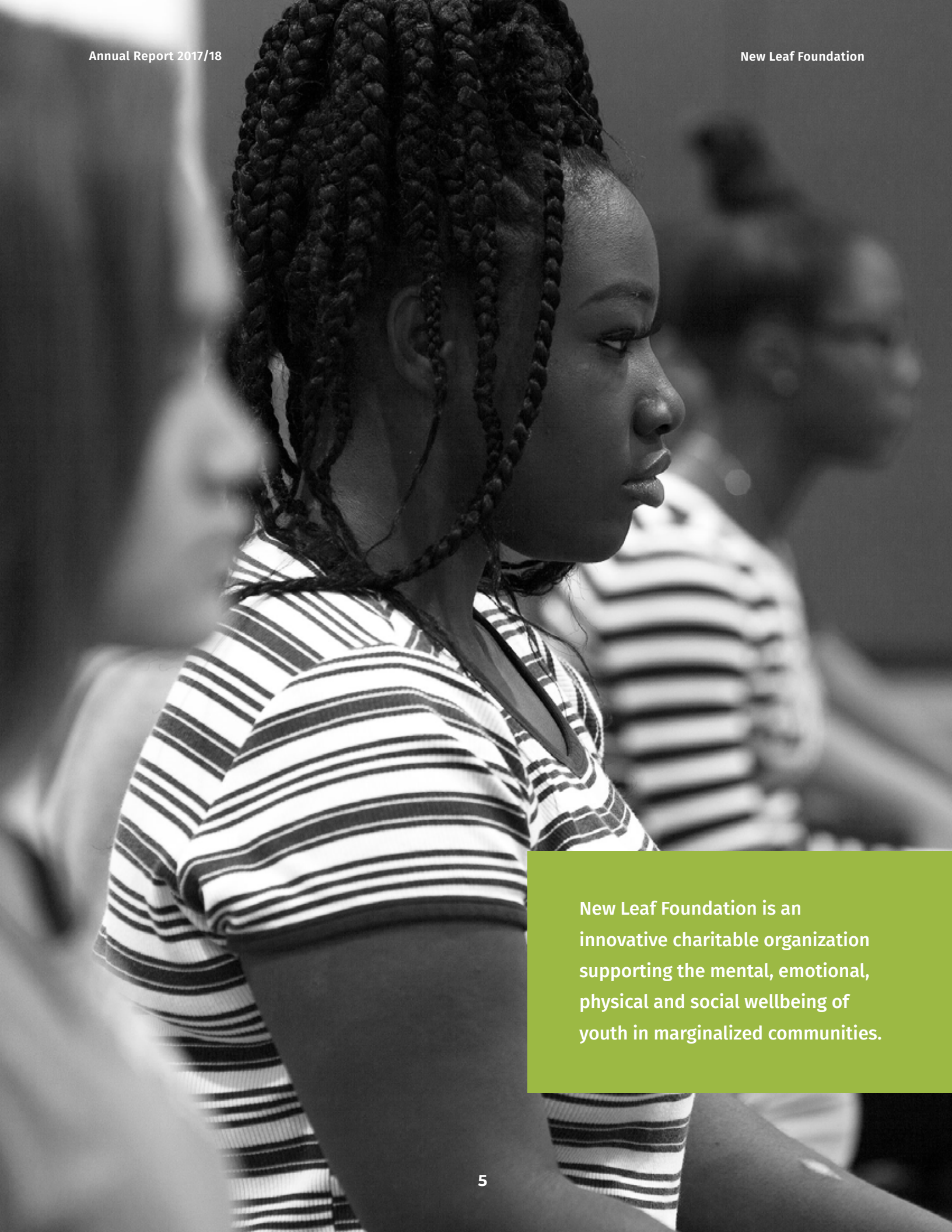
In the name of always evolving and growing, we also set out to revamp our *Reaching In, Reaching Out Online Training*, and offered that to close to 70 people in Kenya, France, Yukon, as well as across Canada and the U.S., raising funding for our programs while sharing our best practices so that others can reach youth in their own communities worldwide.

We also threw another hugely successful gala event, took part in community initiatives where we were able to share our knowledge more broadly, contributed to a U.S.-based publication on best practices for sharing yoga in jails, hosted a panel discussion at the Accessible Yoga Conference and fostered youth leadership through a multi-school retreat and leadership sessions in collaboration with MLSE Launchpad!

Read on to find out more about the impact we made and the supporters who made that possible.



Laura Sygrove
Co-founder & Executive Director



New Leaf Foundation is an innovative charitable organization supporting the mental, emotional, physical and social wellbeing of youth in marginalized communities.

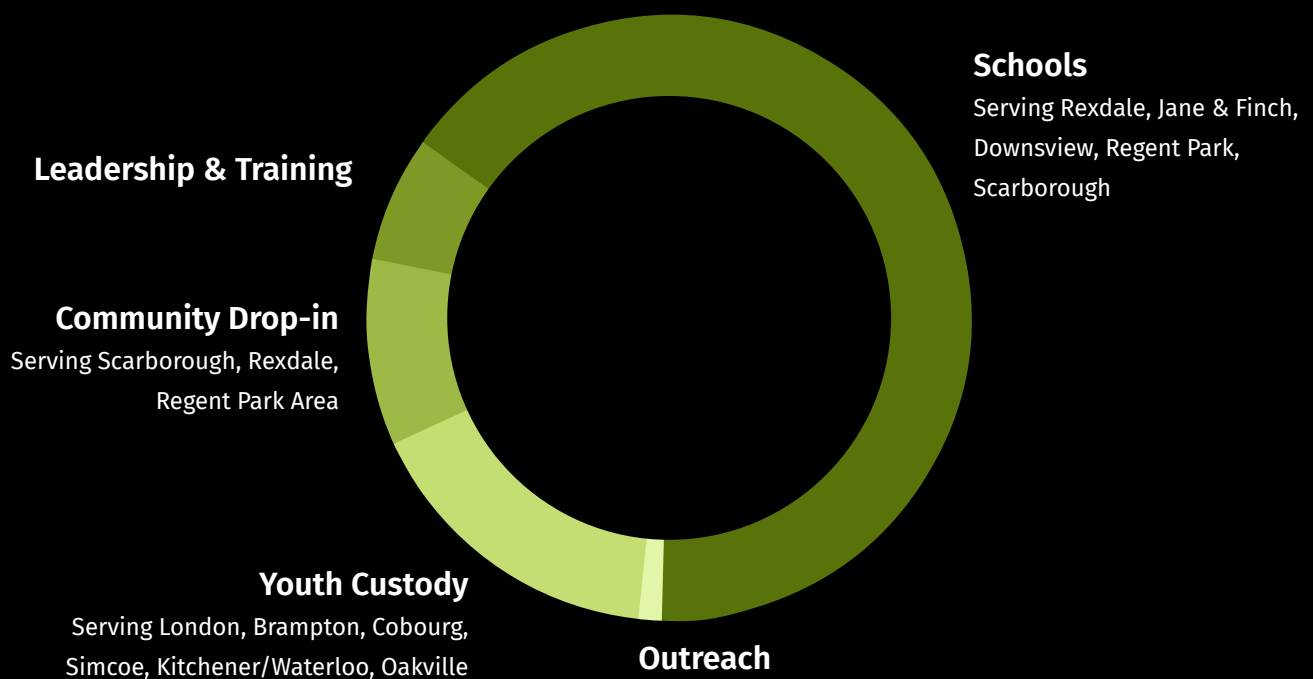
Our Programs

New Leaf Foundation has become a frontrunner in offering yoga and mindfulness-based practices in some of the least-served environments and are leaders in the areas of trauma-informed and resilience-building support for youth.

We offer weekly, long-term programs to youth ages 9-20 that include activities to connect the group, life skills themes, self-regulation activities including mindfulness meditation and mindful movement, and strategies for transferring topics to everyday life.

Our organization is also invested in creating deeper systemic change through the development of offerings that support the adults that care for young people — their teachers, parents and other service providers. This year, New Leaf launched *Building Blocks of Resilience: Professional Development Training for Educators*, providing school teachers with tools for managing their own stress, recognizing chronic and traumatic stress in their students, and providing movement and mindfulness practices for healthy coping in the classroom.

Types of Programs We Offer



Schools

We offer 24 week programs in “priority” schools and alternative education initiatives which support youth ages 9-20. We also offer staff sessions at each of our partner school sites in order to share our practices and provide educators an opportunity for self care.

Bendale Business and Technical Institute

CW Jefferys Collegiate Institute

Downsview Secondary School

Emery Collegiate Institute

Eastdale Collegiate Institute

Fairbank Attendance Program

Lord Dufferin Public School

Nelson Mandela Public School

Thistletown Collegiate Institute

Westview Centennial Secondary School

School of Experiential Education

Youth Custody

We offer 45 week programs in open and closed custody and alternative sentencing programs for youth ages 12-20.

Syl Apps Youth Centre

Sprucedale Youth Centre

Hope Manor

Genest Youth Centre

Brookside Youth Centre

Roy McMurtry Youth Centre

Community Drop-in

We run free, long-term, drop-in programs and leadership initiatives in underserved communities serving youth ages 10-19.

Scarborough Drop-in

Rexdale Drop-in

Regent Park Area Drop-in

Leadership & Training

We offer workshops and trainings for youth leaders, educators, school administrators, social workers & yoga teachers to access and learn our best-practices.

Building Blocks of Resilience: Training for Educators

Reaching In, Reaching Out: Yoga for Youth Online Training

Schools Youth Retreat

Outreach

We reach many more youth each year through our community-level outreach efforts where we are able to provide education and information about our programs. This year we provided additional sessions through:

Rex Pride

Winston Churchill CI

Pathways to Education

Newcomer Youth Summer Enrichment Program

Albion Boys & Girls Club

MLSE Launchpad Leadership Camp

**“I’m usually very tense –
the program is calming and
relaxing.”**

— New Leaf Participant



“I’m in grade 12, school, it’s all stressful... to have a moment where we are just thinking about ourselves is beneficial.” — New Leaf Participant

Program Highlights for 2017/18

The year was filled with so many wonderful accomplishments. Here are a few that stand out:

- Started two new programs in February with youth at TDSB school, Emery Collegiate Institute
- Held our first multi-school retreat day which brought together four of our partner schools in the north west area of the city
- Offered our *Building Blocks of Resilience: Professional Development Training for Educators* to close to 60 teachers from Nelson Mandela PS and TDSB Alt 9 schools, creating the potential to affect more than 1200 young people in a year!
- Partnered with MLSE Launchpad initiative and delivered a curriculum for their leaders in training, introducing yoga and mindfulness-based sessions into the curriculum
- Relocated our Regent Park-area drop-in program to MLSE Launchpad
- Participated in TDSB-wide Mental Health week, providing drop-in classes at our partner schools as well as taking part in large-scale assemblies focused on student wellness

1400

Youth Engaged

29

Programs

11

School Sites

6

Closed-Custody
Facilities

3

Community Drop-In
Programs

Our Team

Board of Directors

Balaji Swaminath
Cherilyn Scobie
Felicia Ross
Nancy Magwood
Shaka Licorish, *Chair*

Staff

Laura Sygrove, *Executive Director*
Nicole Madison, *Director of Operations & Communications*
Julia Gibran, *Educational Director*
Kate Love, *Program Director*
Faith Jones, *Administrative Coordinator*
Claudia Francis, *Bookkeeper*

Training Faculty

Julia Gibran
Laura Sygrove
jamilah malika
Andre Talbot

Mentorship Leads

Carrie McCutcheon
jamilah malika
Julia Gibran
Lana Lontos
Rochelle Miller

Program Facilitators

Amanda Nicholls
Beeta Senedjani
Carrie McCutcheon
Dione Clarke
Elyse Mason
Faith Jones
Imesia Ewan
Jennifer Thompson
Kim Johnston
Lana Lontos
Martha Atkins
Rochelle Miller

Advisors

Adam Segal
Bernice Mcleod
Donna Armstrong
Frank Jude Boccio
Heather Greaves
Jess Robertson
Katie Anderson
Rebeckah Price

Gala Committee

Biljana Lourakis
Felicia Ross
Helen Barbalias
Michelle Corbeil
Nancy Magwood

Research Committee

Holly Pelvin
Meg Popovic
Morgan Le Pouesard
Racquel Smith

Still We Rise

New Leaf Foundation's 5th annual Still We Rise Gala was a special evening including music by DJ Money Jane, guest speaker Cherilyn Scobie, Julia Gibran as MC, portraits by Selina McCallum, and an interactive installation. We had close to 300 people and raised \$66,000!

Thanks to all of our sponsors, lead sponsors NLI Solutions and The Chang School of Continuing Education, our amazing team of over 30 volunteers, our gala committee and staff.

This year we created a special opportunity for some of our youth participants as well as our gala guests to take part in a shared activity where they considered what they had faced and overcome in their lives, and then offered some words of wisdom to their younger selves. Their responses were compiled into an album that was shared with our guests, mailing list, and social media followers. Here are a handful of the responses shared by youth participants:

"Respect your elders, but remember they're not always right!"

"Don't sweat the small stuff. Let it go!"

"Love yourself and don't let others define you."

"Be kind to yourself."

"Never give up your dreams."

"Don't put yourself down. Build yourself up!"



Grants & Funders

Foundations & Grants

The Lewis & Ruth Sherman Foundation
Sporos Foundation
McCall MacBain Foundation
Bruce Blackadar Last Call Fund
The Aqueduct Foundation
Toronto Foundation

Corporate Donors

Leede Jones Gable Inc.
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10K Lead Gala Sponsors

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Ryerson Chang School of Continuing
Education

Gala Sponsors

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Scrimgeour & Company
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Medcan

Warriors for Peace

Moksha Yoga North York
Moksha Yoga St Clair West
Misfit Studio
Steph K Yoga
Moksha Yoga Danforth
Moksha Yoga Waterloo
Moksha Yoga St Catharines Inc
Moksha Yoga London
Moksha Yoga Hamilton
Moksha Yoga Bloor West
Yoga Detour
Moksha Yoga Brooklin
Moksha Yoga Maple
Moksha Yoga Halifax
Moksha Yoga Aurora
Moksha Yoga Kingston
Union Yoga + Wellness
Downward Dog Yoga Centre
Moksha Yoga Brampton
The Yoga Sanctuary
Yogaspace
Spirit Loft
Moksha Yoga Etobicoke
Moksha Yoga Peterborough Inc.

Donors

\$500- \$1,000

Balaji Swaminath
Carol Gray
Carrie Lundy
Christine Awrey
Nancy Magwood

Philip & Ellen Taylor
Dr. Bruce M. McGoveran MPC
My Maximum Living
Coalision Inc.
Jess Robertson
Lucy White
Toddy Granovsky
Ivan Hui

Donors

Up to \$499

Ivan Hui
Virginia Dixon
Carole Matthews
Mindi McKinnon
Daniel Soper
Franca Gucciardi
Wendy Gordon
The Benevity Community Impact Fund
Christine Stelmach-Dennis
internet : intelligence Inc.
Susan Eickmeier
Moore Park Yogalates
Jade Francis, Ohmie
Kim Wolfe
Bernice Cipparrone
Samyoga
Donna Armstrong
Cheri Otterbein
Danny Noel
Donna Armstrong
Exchange Bank of Canada
James Clark

“Things that are making you upset on the inside — yoga is a way to finally deal with it.” — **New Leaf Participant**



Statement of Operations

For the year ended August 31, 2018

	2018	2017
Revenues		
Donations	\$ 119,085	\$ 121,234
Grants	\$ 77,515	\$ 90,100
Fundraising	\$ 76,502	\$ 76,603
Other Income	\$ 14,950	\$ 20,205
Total Revenues	\$ 288,052	\$ 308,142
Expenditures		
Programs	\$ 158,723	\$ 144,880
Wages	\$ 66,298	\$ 53,943
Fundraising	\$ 21,818	\$ 23,163
Rent & Utilities	\$ 7,200	\$ 7,200
Office & General	\$ 4,613	\$ 4,959
Insurance	\$ 3,548	\$ 4,102
Professional & Consulting Fees	\$ 3,066	\$ 3,066
Bank Charges & Interest	\$ 3,634	\$ 3,634
Telephone	\$ 1,737	\$ 1,281
Total Expenditures	\$ 268,086	\$ 246,228
Revenue Over Expenditures	\$ 19,966	\$ 61,914
Net Assets, Beginning of Year	\$ 121,016	\$ 59,102
Net Assets, End of Year	\$ 140,982	\$ 121,016

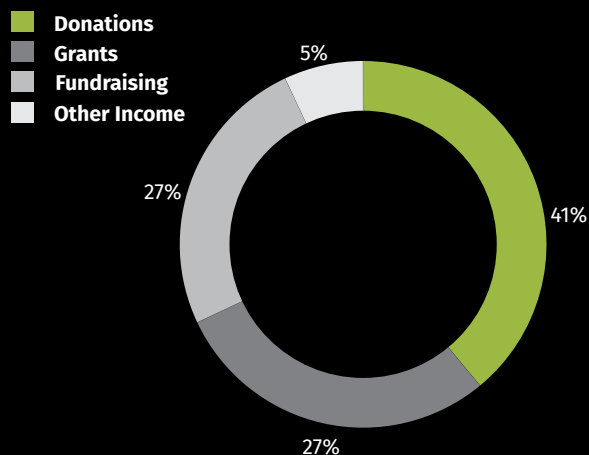
Financial Position

As at August 31, 2018

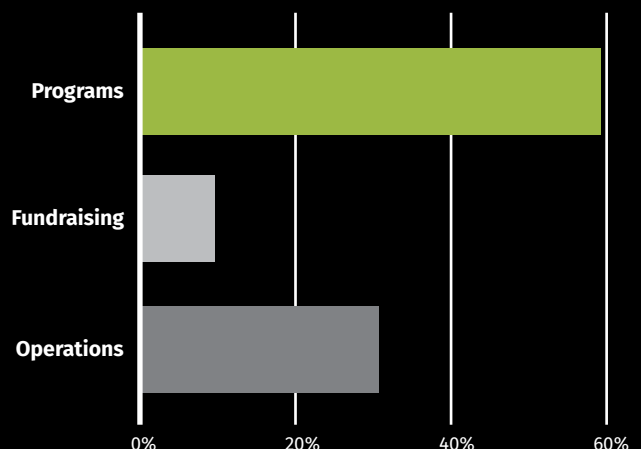
	2018	2017
Assets		
Cash	\$ 165,744	\$ 150,848
Accounts Receivable	\$ 4,653	\$ 3,990
Prepaid Expenditures	\$ 1,300	\$ 700
Total Assets	\$ 171,697	\$ 155,208
Liabilities		
Accounts Payable & Accrued Liabilities	\$ 9,115	\$ 9,492
Deferred Revenue	\$ 21,600	\$ 24,700
Total Liabilities	\$ 30,715	\$ 34,192
Net Assets	\$ 140,982	\$ 121,016
Total Liabilities & Net Assets	\$ 171,697	\$ 155,208

Total Annual Budget \$ 268,086

Revenues



Expenditures





New Leaf Foundation

Charitable Registration # 854956794 RR0001

PO Box 97044, 137 Roncesvalles Ave,

Toronto, ON M6R 3B3

newleaffoundation.com