

# Annual Report 2018/19

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New Leaf Foundation  
Charitable # 854956794RR0001  
[newleaffoundation.com](http://newleaffoundation.com)



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**“I learned it is important to take care of yourself and relax your body because it also affects your mind.” – Participant, High School Program**



Portrait taken by Selena McCallum at  
Westview Centennial Secondary School, 2018

# Letter from our Director

**With the generous financial support of our donors, New Leaf was able to accomplish so much over the 2018/19 year, including rebuilding our program evaluation strategy and investing in youth leadership.**

We contributed meaningfully to our “Whole Schools Initiative” which aims to support both students and the adults in their lives in order to reduce cycles of stress and build resilience amongst entire school populations. We did this by hosting our *Building Blocks for Resilience* professional development training for educators within two school boards as well as through the launch of a program targeted specifically to parents/caregivers at a historically under-served school in north Toronto.

I’m so proud of our team, the youth we work with, and our program partners for what we continue to achieve together. Our facilitators put so much skill, care and consistency into engaging our participants, and their efforts are one of the primary reasons for the success of New Leaf programs. Our programming partners inspire us with their dedication to supporting the young people they serve day in and day out, and we’re so grateful for the long-term relationships we’ve grown. Our small but mighty staff team work so hard to make great things happen behind the scenes and are truly indispensable.

Thank you to everyone who contributed to our work this year.

We are excited to share some of the highlights of what you’ve helped make possible.



**Laura Sygrove**  
**Co-founder & Executive Director**



Portrait taken by Selena McCallum at  
Westview Centennial Secondary School, 2018

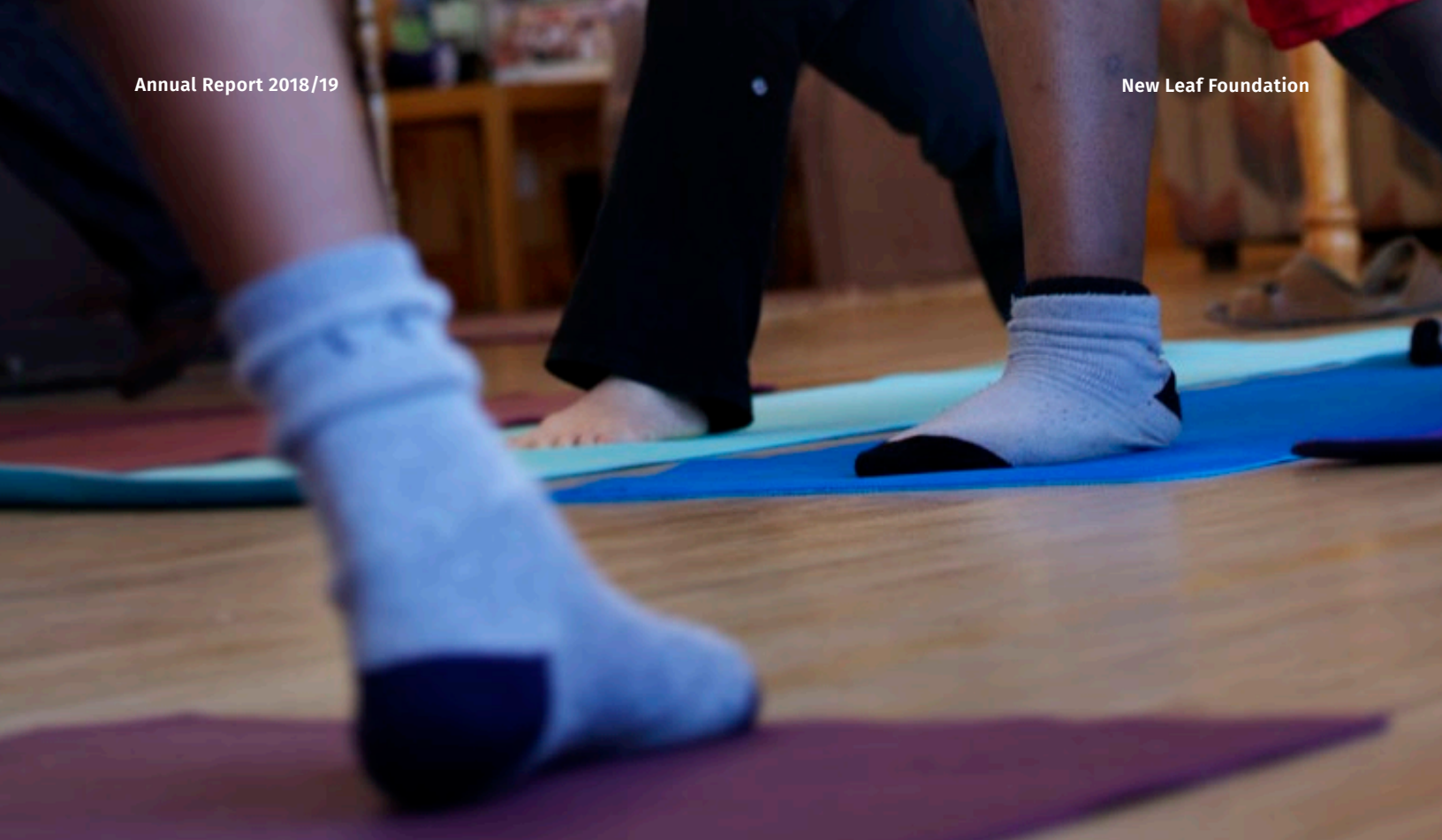
# Overview

We believe that every young person deserves peace. But not every young person is provided with accessible opportunities to deal with the impacts of chronic and traumatic stress they may be experiencing. A leader in Canada since 2007, New Leaf Foundation supports youth in marginalized communities through programs and trainings that use meditative practices, such as mindfulness and yoga, to address the negative effects of stress while promoting self-awareness, emotional governance, and resilience.

Our approach creates a web of long-term frontline programs in priority schools, alternative education initiatives, marginalized communities, and youth justice settings. We are also invested in creating deeper systemic change through offerings that support the adults that care for young people – their teachers, parents and other service providers – through trainings and other programs.

**“I used movement in the midst of a lesson that was too lengthy and required students to sit for too long. This helped re-energize them!”** — Participant, **Building Blocks for Resilience Training**





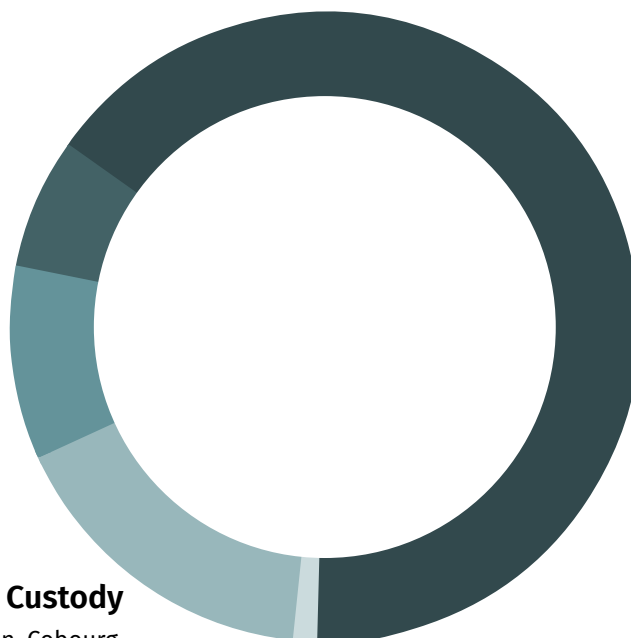
## Types of Programs We Offer

We facilitate in-person programs within the Greater Toronto Area and across southern Ontario, as well as online courses and trainings that reach people around the globe

**Training & Workshops**  
Serving the Greater Toronto Area,  
across Ontario, and beyond

**Community Drop-in**  
Serving Scarborough, Rexdale,  
Regent Park Area

**Youth Custody**  
Serving London, Brampton, Cobourg,  
Simcoe, Kitchener/Waterloo, Oakville



**Schools**  
Serving Rexdale, Jane & Finch,  
Downsview, Regent Park,  
Scarborough

**Leadership & Outreach**

# Program Highlights

This year, New Leaf Foundation made significant strides to strengthen the foundation of our programming and plant the seeds for our continued growth and evolution.

- We reviewed and rebuilt our program evaluation strategy
- We began to develop a set of core themes around which all of our programs will be constructed
- We invested in youth leadership through the implementation of an afternoon retreat at one of our partner schools, School of Experiential Education in Etobicoke, and were able to conceptualize a youth retreat model that can be implemented across more of our school sites each year
- We offered our *Building Blocks for Resilience* professional development training to more than 60 teachers within two schools boards, Toronto District School Board and Durham District School Board
- We partnered with Pelmo Park PS to offer a program for parents/caregivers and staff
- We revamped our *Reaching In, Reaching Out Online Training* and, in our October 2018 relaunch, saw over 60 participants from across Canada and around the globe taking part

**“This program made a difference in my life.”** — Participant, High School Program

# 1000

Youth Engaged

# 30

Frontline Programs

# 12

TDSB School Sites

# 3

Community Drop-in Programs

# 5

Closed-Custody Facilities in Southern Ontario

# 60

School Teachers Trained

# 66

People Trained in Our Best Practices



## 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 BTI*  
*CW Jefferys CI*  
*Downsview Secondary School*  
*Emery Collegiate Institute*  
*Eastdale CI*  
*Fairbank Attendance Program*  
*Lord Dufferin Public School*  
*Nelson Mandela Public School*  
*School of Experiential Education*  
*Thistletown CI*  
*Westview Centennial Secondary School*

## Youth Custody

We offer 45 week programs in open & 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*

## 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*

**“Tuesday’s (program days) are good sleep nights.” — Participant, Youth Custody Program**

## Leadership & Outreach

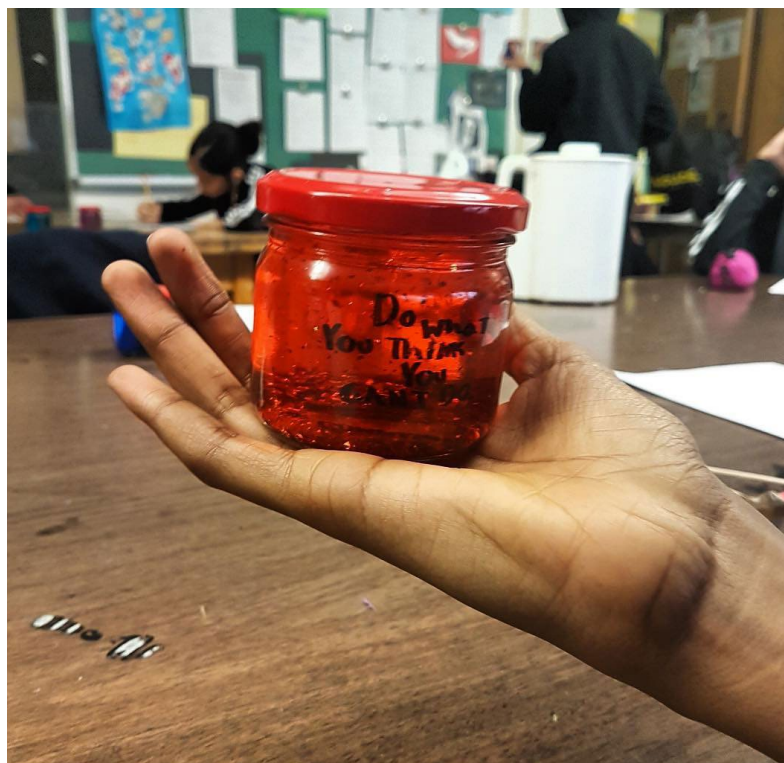
We reach additional youth each year through our community-level outreach efforts and provide opportunities for youth leadership through periodic retreats, scholarships, and internships.

*Pathways to Education Regent Park*  
*Roy McMurtry Youth Centre*  
*School Youth Retreat*  
*Youth Internship at our Rexdale Drop-in Program*

## Training & Workshops

We offer programs and training to support the adults that care for young people—parents, educators, school administrators, and other service providers.

*Building Blocks of Resilience: Professional Development Training for Educators*  
*Reaching In, Reaching Out Online Training*  
*Parent Program at Pelmo Park Public School*



Youth created mindfulness jars with motivational messages as their end-of-program activity

# Our Team

## Board of Directors

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

## Training Faculty

Julia Gibran  
Laura Sygrove  
jamilah malika  
Andre Talbot  
Rochelle Miller

## Staff

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

## Advisors

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

## Program Facilitators

Amanda Nicholls  
Beeta Senedjani  
Deshawna Dookie  
Dione Clarke  
Elyse Mason  
Fernanda Cano  
Jennifer Thompson  
Karen Gnat  
Kim Johnston  
Lana Lontos  
Martha Atkins  
Racquel Smith  
Rochelle Miller  
Valentina Guzman

## Gala Committee

Biljana Lourakis  
Felicia Ross  
Helen Barbalias  
Michelle Corbeil  
Nancy Magwood

## Research Committee

Holly Pelvin  
Meg Popovic  
Morgan Le Pouesard  
Racquel Smith

## Mentorship Leads

Carrie McCutcheon  
Faith Jones  
jamilah malika  
Kayla Stanistreet  
Lana Lontos  
Rochelle Miller





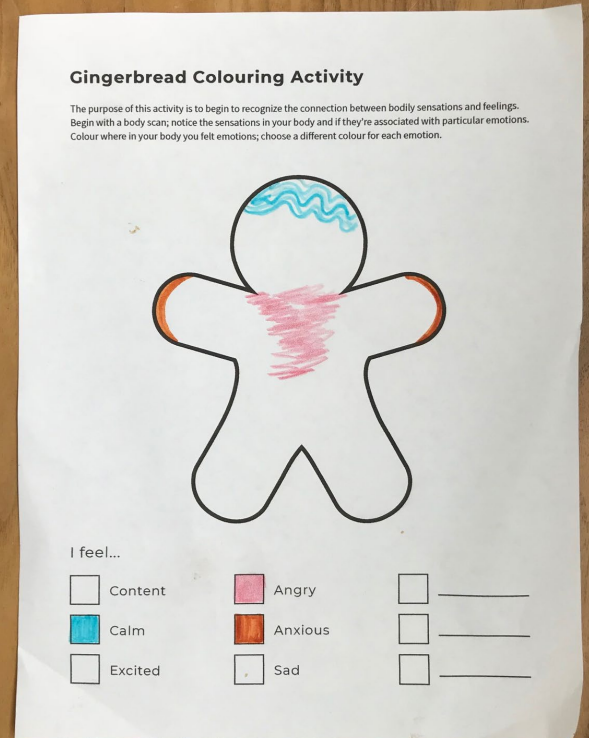
A group in one of our programs came together in this formation to demonstrate that challenges can be overcome when we face them together



A glimpse into the retreat we held at School of Experiential Education in Etobicoke



Our Building Blocks for Resilience training for educators at Thistleton CI in Etobicoke



The Gingerbread Colouring Activity helps participants notice where in their bodies they feel their feelings

# Still We Rise Gala & Fundraiser

Every year our Still We Rise Gala has its own special feel, and this year was no exception. We packed the space at Wychwood Barns in Toronto and shared an amazing night together celebrating New Leaf's work and the young people we engage.

With over 250 guests, we managed to raise close to \$60,000. The evening featured music by DJ Money Jane, beautiful flowers by My Luscious Backyard, and moving words by guest speaker Rochelle Miller. Thank you to all of our sponsors, lead sponsors NLI Solutions and The Chang School of Continuing Education, and our amazing team of over 20 volunteers who helped make the night such a big success.

## Gala Volunteers

Allison Munshaw	Emilia Henriques
Ana-Maria Alvarado	Jasmin Parmar
Angelica Rao	Jen Bulthuis
Ashley Smith	Jenn Johnson
Aura Ostrowski	Kelly Sullivan
Austin McNeill	Kelsey Kleovoulos
Carley Butler	Leah Swartz
Cristina Ponce	Mackenzie Patterson
Danielle Jeschke	Megan Kawai
Denise Hui	Sheena Lyonnais
Ellie Couperthwaite	Victoria Petrogiani





# Grants & Funders

## Foundations & Grants

The Lewis & Ruth Sherman Foundation  
 McCall MacBain Foundation  
 Sporos Foundation  
 Dawn Tattle Family Foundation  
 Three Eggs Foundation

## Corporate Donors

Leede Jones Gable Inc.  
 lululemon athletica

## 10K Lead Gala Sponsors

NLI Solutions  
 Ryerson Chang School of Continuing Education

## Gala Sponsors

Geoff Horton  
 Michael Yhip Wealth Management Group  
 Saporito Foods Inc.  
 Fleet Complete  
 McCarthy Tetrault Foundation  
 Scrimgeour & Co.  
 The Paint People  
 My Luscious Backyard  
 Ace Hill  
 Hinterland Wine Co.  
 Kolonaki Group  
 Yummi Candles  
 Flow Water

## Warriors for Peace

Modo Yoga Uptown  
 Modo Yoga St Clair West  
 Modo Yoga Bloor West  
 Modo Yoga Danforth  
 Saana Yoga North York

## Warriors for Peace

### Continued

Modo Yoga London Downtown & West  
 Modo Yoga Waterloo  
 Modo Yoga Hamilton  
 Union Yoga + Wellness  
 Modo Yoga Brooklin  
 Modo Yoga Maple  
 Spirit Loft Movement Centre  
 Good Space  
 Modo Yoga Orleans  
 Steph K Yoga  
 Modo Yoga Aurora  
 Niyama Yoga Wellness  
 Yoga Detour  
 Ahimsa Yoga

## Donors

### \$2,000 - \$500

Carrie Lundy  
 Vendittelli Ranu and Swaminath Dentistry  
 Kelly Patton  
 Air & Fire Events Inc.  
 Carol Gray  
 Carole Matthews  
 Julia Cabassi  
 Perry Dellelce  
 Tom & Sarah Milroy

## Donors

### Up to \$499

Queen Street Yoga  
 Cathy Buchanan  
 Dr. Bruce M. McGoveran MPC  
 The Yoga MD  
 Sarah Macrae Blakeley

## Donors

### Up to \$499

### Continued

David Granovsky  
 F45 Ossington  
 David Kendal  
 Joe Brannagan  
 Paula Whitmore  
 Ashley Fraser  
 Createspace  
 Donna Armstrong  
 Faith Goldman  
 Heidi Bornstein  
 Kelsey Kleovoulos  
 Kledja Aliskenderaj  
 Richard & Patricia Fogler  
 The Yoga Weekend  
 Theresa Meikle  
 Umeshaa Pararajasingham  
 Alicia Wilton  
 Allison Wilson  
 Ana Skinner Cervoni  
 Dennis Milling  
 Elaine Jackson  
 Minh Ton  
 Stephanie Williams  
 Theal Medicine Professional Corp  
 Tieghan Killackey  
 Bernice Cipparrone  
 Allison Ruffolo  
 Brianne Ashcroft  
 Emma Gaudio  
 Laura Belanger  
 Sara Faulhafer  
 Jennifer Knoch  
 Julienne Discutido

**“I learned different strategies to help me calm down or just reflect on my days to make them better in the future.” — Participant, High School Program**



# Statement of Operations

For the year ended August 31, 2019

	2019	2018
<b>Revenues</b>		
Donations	\$ 86,418	\$ 119,085
Grants	\$ 62,600	\$ 77,515
Fundraising	\$ 79,272	\$ 76,502
Other Income	\$ 14,450	\$ 14,950
<b>Total Revenues</b>	<b>\$ 242,740</b>	<b>\$ 288,052</b>
<b>Expenditures</b>		
Programs	\$ 161,924	\$ 158,723
Wages	\$ 67,150	\$ 66,298
Fundraising	\$ 13,357	\$ 21,818
Rent & Utilities	\$ 7,368	\$ 7,200
Office & General	\$ 8,584	\$ 4,613
Insurance	\$ 3,532	\$ 3,548
Professional & Consulting Fees	\$ 2,950	\$ 3,066
Bank Charges & Interest	\$ 1,452	\$ 3,634
Telephone	\$ 1,952	\$ 1,737
<b>Total Expenditures</b>	<b>\$ 268,269</b>	<b>\$ 268,086</b>
<b>Excess of Revenues Over Expenditures</b>	<b>\$ (25,529)</b>	<b>\$ 19,966</b>
<b>Net Assets, Beginning of Year</b>	<b>\$ 140,982</b>	<b>\$ 121,016</b>
<b>Net Assets, End of Year</b>	<b>\$ 115,453</b>	<b>\$ 140,982</b>



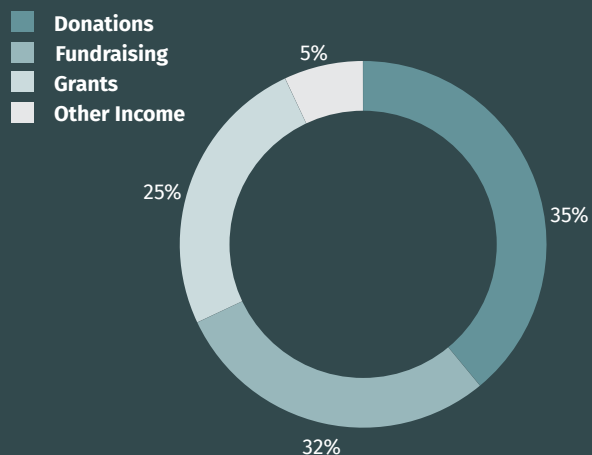
# Financial Position

As at August 31, 2019

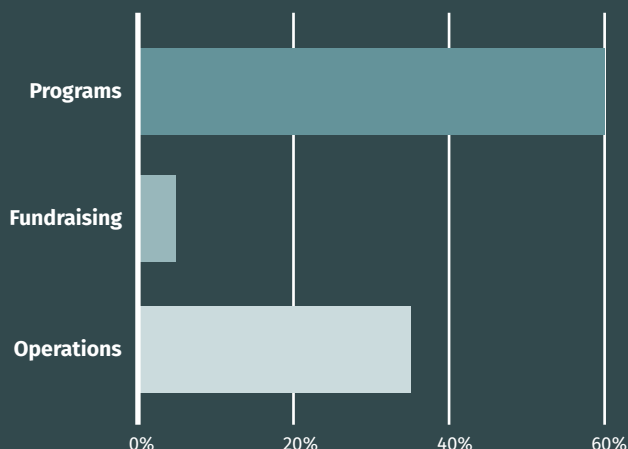
	2019	2018
<b>Assets</b>		
Cash	\$ 138,158	\$ 165,744
Accounts Receivable	\$ 2,661	\$ 4,653
Prepaid Expenditures	\$ 1,300	\$ 1,300
<b>Total Assets</b>	<b>\$ 142,119</b>	<b>\$ 171,697</b>
<b>Liabilities</b>		
Accounts Payable & Accrued Liabilities	\$ 8,066	\$ 9,115
Deferred Revenue	\$ 18,600	\$ 21,600
<b>Total Liabilities</b>	<b>\$ 26,666</b>	<b>\$ 30,715</b>
Net Assets	\$ 115,453	\$ 140,982
<b>Total Liabilities &amp; Net Assets</b>	<b>\$ 142,119</b>	<b>\$ 171,697</b>

## Total Annual Budget \$ 268,269

### Revenues



### Expenditures





**New Leaf Foundation**

Charitable Registration # 854956794 RR0001

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[newleaffoundation.com](http://newleaffoundation.com)