

2019 – 2020

New Leaf Foundation

Annual Report





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New Leaf Foundation is a charitable organization that supports the mental, emotional and physical wellbeing of youth in marginalized communities. A leader in Canada since 2007, we offer programs, resources, and education utilizing meditative practices, such as mindfulness and yoga, to address the negative effects of stress on young people and the adults that care for them. We take an anti-oppression, trauma-informed and strengths-based approach so that all youth may feel welcome, included, and valued.

Words from our Director

What a year.

As I'm sure you've all felt in some shape or form, this has been one like no other, and we've each been called upon to adapt, sit with the unknown, and tap into our inner reserves of patience and fortitude.

Within New Leaf, we have faced pandemic-related challenges that include a significant decrease in the funding we'd come to rely on from impacted family foundations and hard-hit small businesses, a reduction in staffing, and the inability to hold any of our close to 30 in-person programs—the heart of our work for the past 13 years.

This year, however, also presented an opportunity for us as an organization to lean into the creative and resourceful spirit of New Leaf and our amazing team, and to transform the challenges we faced into pathways for exciting organizational evolution.

As always, our priority remains to support young people and those who care for them. Firmly rooted in this focus, we spent the first half of our fiscal year running 29 front-line programs at 10 sites, reaching approximately 900 youth and 100 caregivers.

Since pandemic-related closures in March 2020, we quickly adapted and created a library of digital mindfulness-based

resources to support continued home practice, hosted virtual workshops on stress & mindfulness to more than 270 youth service providers & educators, and began offering weekly phone and/or virtual sessions where possible to youth who were incarcerated.

Additionally, we forged some inspiring new partnerships with organizations like Manifesto, LayUp Basketball, RexPride, Rexdale Community Health Center and The Forgiveness Project, hosting a spectrum of virtual offerings.

New Leaf also carried out an important survey that reached approximately 100 young people in the Toronto area which helped us learn about the toll the pandemic was having on their mental, emotional and physical health and what resources felt would be most beneficial for them.

I want to extend an extra huge thank you to our staff, facilitators, Board, and supporters for navigating the past year with thoughtfulness, flexibility and creativity. Thank you to donors who were able to stand by us during these challenging times and who understood the need to re-imagine our work. I believe that what we began developing this year will not only support youth during the remainder of the pandemic but throughout the coming years.

Thank you for reading on to learn more details about what we accomplished together.

Laura Sygrove
Co-founder & Executive Director

"I learned take a moment to breathe because the world will just continue."

— Youth Participant

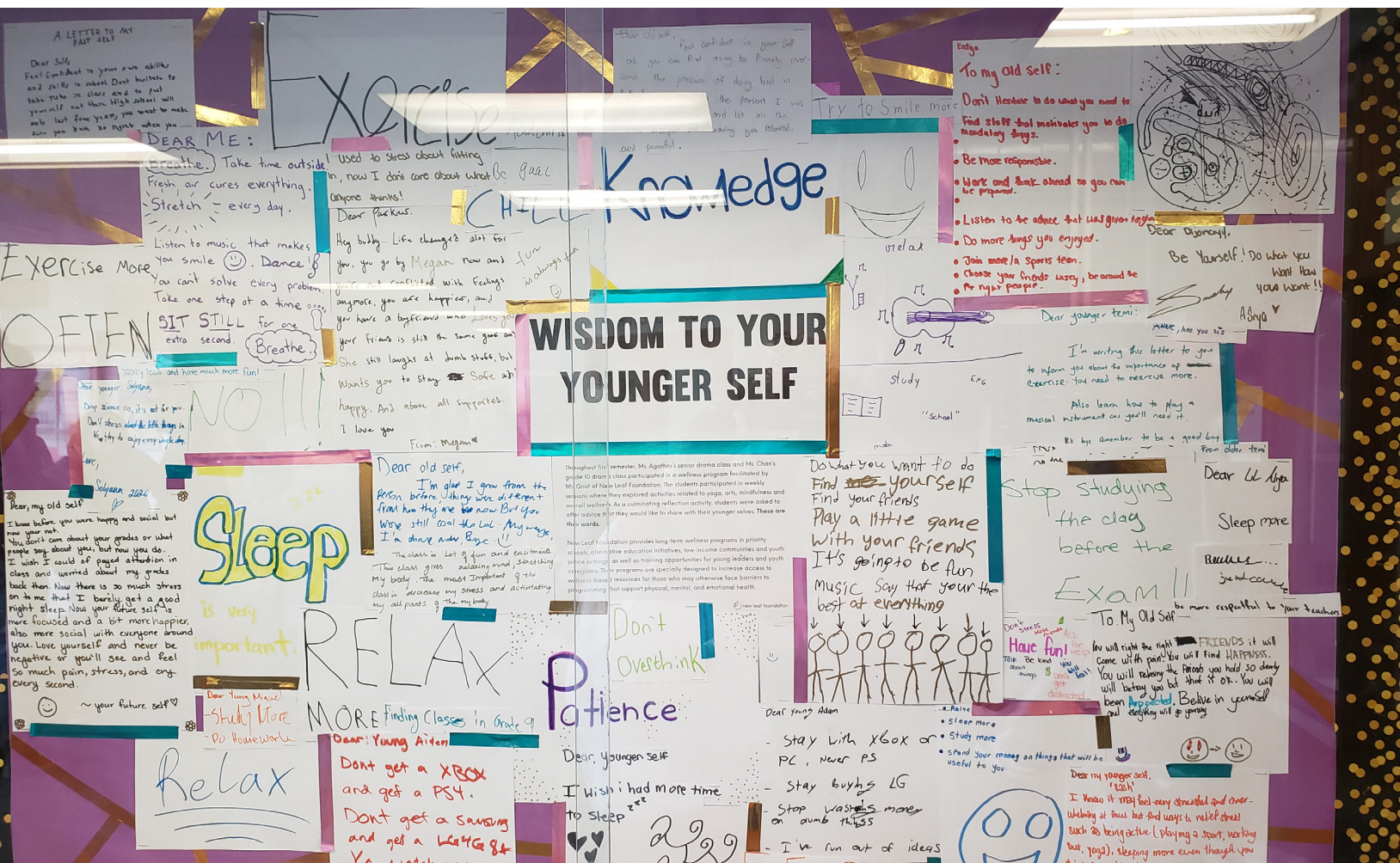
Overview of Programs

SEPTEMBER TO MARCH

Despite the challenges of on-going job action at schools, New Leaf saw some big accomplishments in the first half of the fiscal year. We ran **29 frontline programs** at 19 sites, reaching approximately **900 youth** and close to **100 youth caregivers** (youth-serving staff and parents).

Some highlights included:

- restarting programming at Roy McMurtry Youth Centre and piloting a new 6-week program structure,
- restarting our program at Brookside Youth Centre and beginning a program at King Street Detention Centre,
- implementing our new program evaluation strategy and engaged youth at Thistleton Collegiate Institute in creating an art installation as a program evaluation activity (shown below),
- participating in a town hall on gang prevention in Rexdale,
- partnering with Nelson Mandela Public School to offer a program for parents/caregivers,
- and onboarding a new school (Elmbank Middle Academy) for a pilot program to start in the second semester.



Breakdown

SEPTEMBER TO MARCH



Schools

10 schools / 18 programs
188 sessions reached approximately 500 youth

C. W. Jefferys Collegiate Institute
Downsview Secondary School
Eastdale Collegiate Institute
Emery Collegiate Institute
Fairbank Attendance Program
Lord Dufferin Public School
Nelson Mandela Public School
School of Experiential Education
Thistletown Collegiate Institute
Westview Centennial Secondary School



Youth Justice

6 facilities / 7 programs
124 sessions reached approximately 150 youth

Brookside Youth Centre
King Street Detention Centre
Ray of Hope Youth Justice
Roy McMurtry Youth Centre
Sprucedale Youth Centre
Syl Apps Youth Centre



Community

3 free, drop-in programs
62 sessions reached approximately 105 youth

McGregor Park Community Centre
MLSE Launchpad
Rexdale Community Hub



Programs & Training for Adults

Over 60 educators trained
8 sessions reached approximately 10 parents
Over 50 yoga/mindfulness instructors trained

Parent Program @ Nelson Mandela Public School
Building Blocks for Resilience Professional Development Training @ Thistletown CI
Reaching In, Reaching Out Online Training

COVID-19

As of March 16th, due to the pandemic, 100% of our frontline youth programs were cancelled. We immediately pivoted to create online resources for youth and parents to access from home, and shared them widely through our networks. We then outlined and implemented a more detailed plan to continue to support our audience (youth, educators, and parents) through strategic online initiatives.

SORRY
WE ARE
CLOSED

COVID-19

Impacts of COVID-19 on Youth

With the support of various community partners, New Leaf Foundation carried out consultations and distributed a survey and grocery cards to approximately 100 young people in order to learn how COVID-19 had impacted them and what resources they found most useful. Here's what we learned:

- 80% of youth surveyed felt COVID-19 had negatively impacted their mental health
- 70% of youth surveyed said their stress levels were high or very high
- Youth identified their top stressors as: isolation (65%), sleep issues (58%), and finances (59%)
- Youth shared that they were in need of resources that supported: relaxation (63%), coping when overwhelmed (44.5%), and stress reduction (46%)
- Youth said that their top sources of information were family (51.5%), friends (53%), and Instagram (50%) in comparison to school emails/teachers (3%) and youth workers (1%)



**COVID-19
QUARANTINE**

**STAY HOME
STAY SAFE**



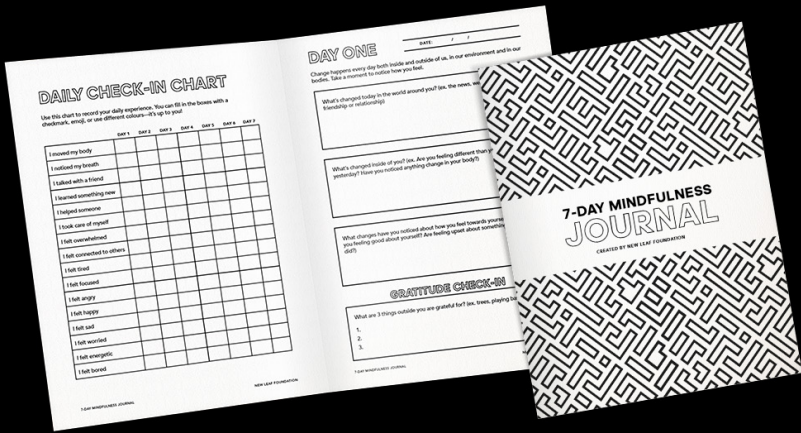
Online Resources & Initiatives

APRIL TO AUGUST

The inability to hold in-person programming required New Leaf to rethink how we engaged and supported the communities we work within. As young people, youth workers, educators, and parents faced the additional stresses that came with the pandemic, including isolation, financial pressures, and health concerns, our work was more important than ever.

We partnered with schools and youth-serving organizations to lead workshops and virtual sessions, offered an additional session of our online training for mindfulness/yoga instructors, and created a library of digital resources that included movement videos, guided meditations, mindfulness activities and games, and more. Some of the highlights included:

- hosting a virtual workshop on mindfulness and stress for over 180 Toronto District School Board (TDSB) child and youth workers, social workers and other professional services staff,
- forming a partnership with Rex Pride and Rexdale Community Health Centre to create two 4-week workshop series for youth ages 13 to 24 covering topics like working with challenging emotions, resilience, and healthy relationships,
- offering live mindful movement sessions to youth workers at Pathways to Education and for child and youth work staff at the TDSB,
- creating a model for weekly phone sessions to be offered to youth who are incarcerated,
- and offering an additional session of our *Reaching In, Reaching Out* online training for mindfulness/yoga instructors bringing our total participants for the year to 108.



Activities

APRIL TO AUGUST

Audio/Video Recordings

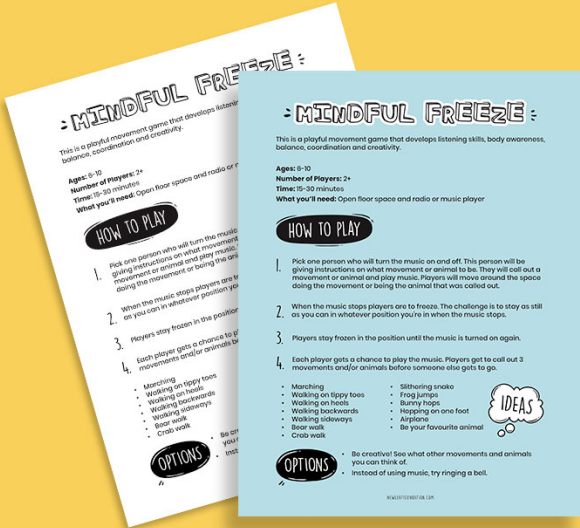
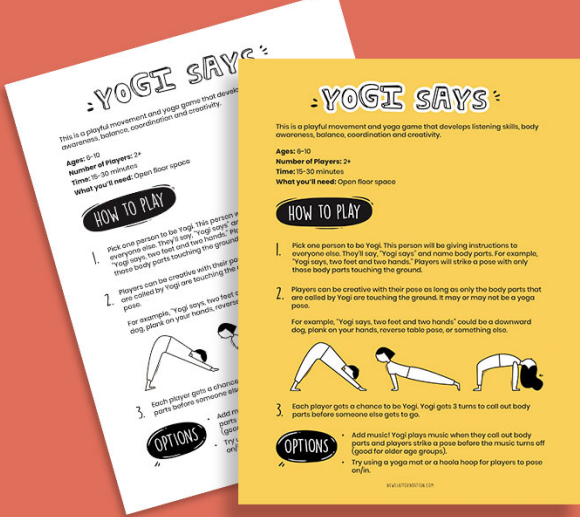
- 16 Audio Meditations
- 27 Mindful Movement Videos

Downloadable Mindfulness Resources

- 7-Day Mindfulness Journal
- Pause: An Introduction to Mindfulness
- Mindful Freeze Game Handout
- Yogi Says Game Handout
- Gingerbread Activity Sheet

Live Sessions, Webinars & Training

- Letter Writing to Incarcerated Youth with FYOU Project
- Rexdale Youth Workshop Series & Retreat
- Workshop on Stress for TDSB Staff
- Workshop on Stress for MLSE Staff
- TDSB CYC/W Staff Sessions
- Pathways Rexdale Staff Sessions
- MLSE Sessions with Youth
- MLSE Movement Mondays
- MANIFESTO Partnership
- Lay-Up Youth Basketball Session
- Syl Apps Live Phone Sessions



“The breathing techniques are great. I use them when I feel angry or stressed and it calms me down.”
— Youth Participant

Our Team

Board of Directors

Balaji Swaminath
Billy Lourakis
Cherilyn Scobie
Felicia Ross
Jasmin Pirani
Michelle Corbeil
Shaka Licorish, *Chair*

Staff

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

Program Facilitators

Amanda Nicholls
Ashley Keefe
Beeta Senedjani
Danea Gray
Deshawna Dookie
Elyse Mason
Erin Dolan
Faith Jones
Fernanda Cano
Imesia Ewan
jamilah malika abu-bakare
Jennifer Thompson
Karen Gnat

Martha Atkins
Nicole D'Souza
Rochelle Miller
Stefanie Rico
Valentina Guzman

Mentorship Leads

Amanda Nicholls
Carrie McCutcheon
Faith Jones
jamilah malika abu-bakare

Training Faculty

Julia Gibran
Laura Sygrove
jamilah malika abu-bakare
Andre Talbot
Rochelle Miller

Advisors

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



"My patience level has improved."

— Youth Participant

Grants & Funders

Foundations & Grants

Lewis & Ruth Sherman Foundation
 McCall MacBain Foundation
 lululemon athletica Here to Be
 Sporos Foundation
 Bruce Blackadar Last Call Fund
 The Abe Iskander Foundation
 Desjardin Foundation
 Dawn Tattle Family Foundation
 Santovas Foundation
 Three Eggs Foundation
 Flavelle Family Foundation

Donors \$15,500-\$10,000

Leede Jones Gable Inc.
 Vendittelli Ranu & Swaminath
 Dentistry Professional Corp.
 New Line Incentives Inc.

Donors \$6,500-\$2,500

lululemon athletica
 Geoff Horton
 Modo Yoga Danforth
 Dr. Meg Popovic, Inc.

Donors \$1,500-\$500

Modo Yoga Bloor West
 Modo Yoga London
 Modo Yoga Waterloo
 Nu Yoga
 good space
 Union Yoga + Wellness
 Julia Cabassi
 2647782 Ontario Limited
 Modo Yoga Maple
 Carole Matthews
 Mindful Collective Co.
 Modo Yoga Hamilton

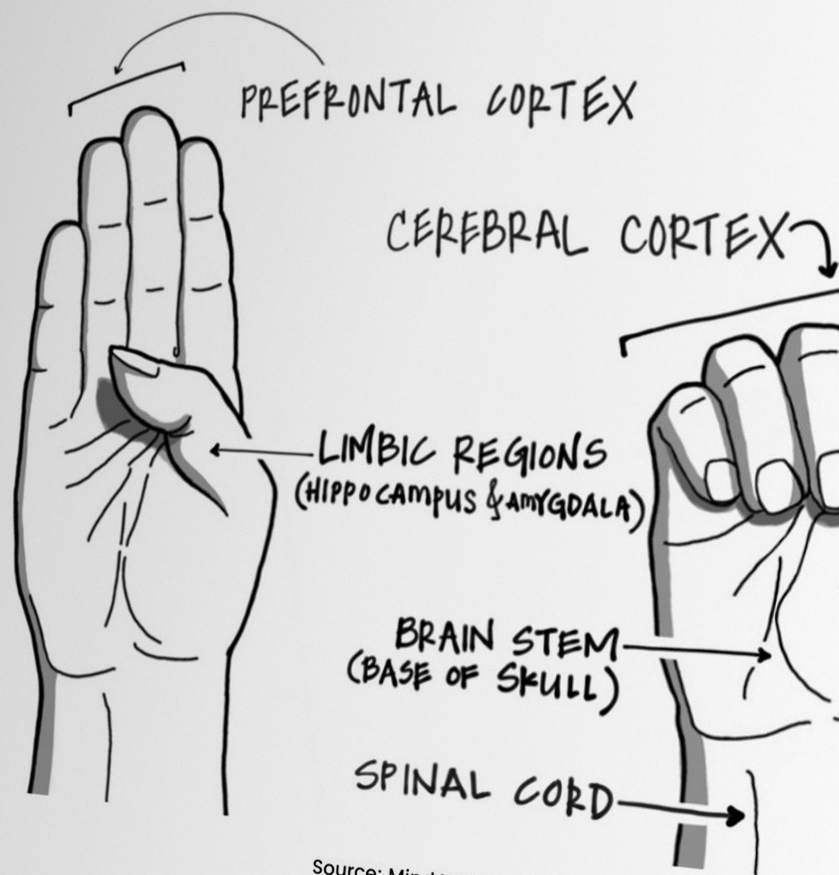
Donors Up to \$499

Cuecalm, Inc.
 Ahimsa Yoga
 Megan Lewis

Dione Adams
 John Steen
 Modo Yoga Brampton
 Octopus Garden Yoga Centre
 Spirit Loft
 Modo Yoga Uptown
 Namastewell Inc.
 Mark Childs
 Amy Walsh
 Amanda Acorn
 Bianca Ricci
 Kelly Patton
 Laurie Arron
 Kate Love
 Donna Armstrong
 Jonny James
 Leif Vollebekk
 Bernice Cipparrone
 Christine Williams
 Ashley Graham
 Cait Ryan
 Jasmine Smikle
 Jenn Johnson
 Mollie Pfendt
 Shone Joos
 Tyler Ustrzycki
 Wendy Smith
 Collective Movement
 House Of Knot
 Modo Yoga Scarborough
 The Calm Collective
 Karly Gaffney
 Ulfur Inc
 Lara Cardoso
 Karuna Brandy
 Kyle Dutka
 Lillian Ugrin
 Rob Allison
 Sandra Ugrin
 Vanessa Breton
 Alycia Da Costa
 Amanda Keays
 Amy Fisher
 Michele Gare
 Candice Napoleone
 Cara Kalancha

Charlie Moynes
 Colleen Frankovich
 Jennifer Johnson
 Kaitlin Lane
 Marchael Cunanan
 Maria Serio
 Natasha Danson
 Tamerra Herres
 Tara Caldwell
 Alanna McRae
 David Brandy
 Marni Rebelo
 Simone Hilley Bland
 Amika Gupta
 Angela Vuong
 The Sankalpa Project
 Emilie Fraser-Inamoto
 Gudrun van Amerom
 Rachel Mclean
 Amanda Coffey
 Kim Hogan
 Tamiko Bown-Kai
 Yogathon, Inc.
 Alison Williams
 Cheryl Oatts
 Eliora Wee
 Frieda Lauw
 Ingrid Wirsig
 Ingrid Wirsig
 Jana Dutkiewicz
 Jason Sills
 Louis Girard
 Mary Catherine Wasilik
 Melanie Abbott
 Nina Abazovic
 Olivia Comis
 Stefanie Mather
 Angela Dietrich
 Jenna Blumenthal
 Julienne Discutido
 Melissa Mendes
 Sydney Smith
 Stephanie Deschenes

The Hand Model of the Brain



Source: Mind Your Brain, Inc.

“Really appreciated the care that you took in your presentation and the practical examples we were able to try for ourselves. Experiential learning is the best!”
— Stress & Mindfulness Workshop, TDSB Staff Participant

Statement of Operations

FOR THE YEAR ENDED AUGUST 31, 2020

| | 2020 | 2019 |
|---|--------------------|--------------------|
| Revenues | | |
| Donations | \$ 100,041 | \$ 86,418 |
| Grants | \$ 61,808 | \$ 62,600 |
| Fundraising | \$ - | \$ 79,272 |
| Fee for Service | \$ 33,641 | \$ 14,450 |
| Government Grants & Subsidies | \$ 28,067 | \$ - |
| Total Revenues | \$ 223,557 | \$ 242,740 |
| Expenditures | | |
| Programs | \$ 144,722 | \$ 161,924 |
| Wages | \$ 63,701 | \$ 67,150 |
| Fundraising | \$ 1,136 | \$ 13,357 |
| Rent & Utilities | \$ 7,958 | \$ 7,368 |
| Office & General | \$ 7,121 | \$ 8,584 |
| Insurance | \$ 3,786 | \$ 3,532 |
| Professional & Consulting Fees | \$ 3,066 | \$ 2,950 |
| Bank Charges & Interest | \$ 1,218 | \$ 1,452 |
| Telephone | \$ 1,415 | \$ 1,952 |
| Amortization | \$ 272 | \$ - |
| Total Expenditures | \$ 234,395 | \$ 268,269 |
| Excess of Revenues Over Expenditures | \$ (10,838) | \$ (25,529) |
| Net Assets, Beginning of Year | \$ 115,453 | \$ 140,982 |
| Net Assets, End of Year | \$ 104,615 | \$ 115,453 |

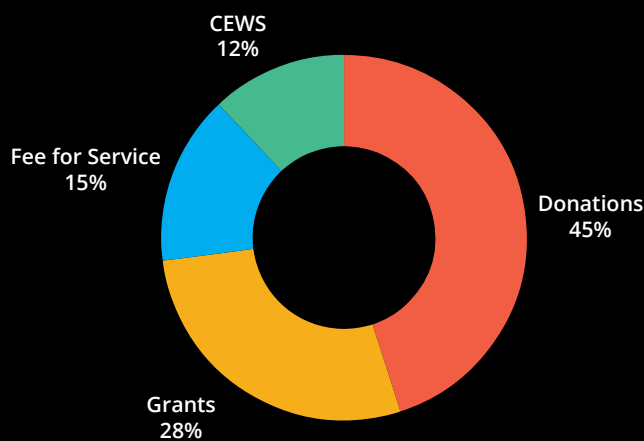
Financial Position

AS AT AUGUST 31, 2020

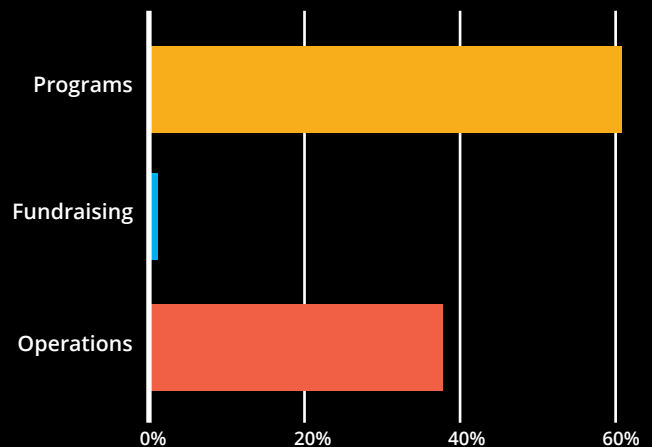
| | 2020 | 2019 |
|---|-------------------|-------------------|
| Assets | | |
| Cash | \$ 216,238 | \$ 138,158 |
| Accounts Receivable | \$ 9,554 | \$ 2,661 |
| Prepaid Expenditures | \$ 1,300 | \$ 1,300 |
| Total Assets | \$ 228,451 | \$ 142,119 |
| Liabilities | | |
| Accounts Payable & Accrued Liabilities | \$ 6,194 | \$ 8,066 |
| Deferred Revenue | \$ 77,642 | \$ 18,600 |
| Canada Emergency Business Loan | \$ 40,000 | \$ - |
| Total Liabilities | \$ 123,836 | \$ 26,666 |
| Net Assets | \$ 104,615 | \$ 115,453 |
| Total Liabilities & Net Assets | \$ 228,451 | \$ 142,119 |

Total Annual Budget \$ 234,395

Revenues



Expenditures





New Leaf Foundation
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