



**Annual Report**  
**Sep 2021 to Aug 2022**

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



**New Leaf Foundation supports young people in marginalized communities through programs, education, and resources that use mindfulness and yoga-based practices to address the causes and impacts of chronic stress.**

**Our aim is to increase the mental, emotional, and physical wellness of youth and respond to the lack of equal access to resources that many young people in low-income and marginalized communities experience.**

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# Letter from our Director

Showing up in times of struggle can be hard.

It can be easy to lose hope, to see only the difficult things, to feel fear about the future. These last three years have taken a toll on so many, including grassroots organizations like ours.

In many ways, this year has been our most challenging so far, with the ripple effects of the pandemic becoming more pronounced. Financial donations have decreased as events were canceled and our small business partners were hurting. A number of our valued staff and facilitator team left the city or saw decreases in their workload. And, youth and staff at our partner sites have faced high levels of mental and emotional stress.

As a result, this year has been as much about gathering ourselves and making plans to rebuild financial security and the foundations of our programs as it was about continuing to adapt to meet the needs of the communities we serve in the here and now.

It's especially important in times like these that we hold onto and weave new threads of connection, finding solace and motivation in community. And, New Leaf has continued to do just that by continuing to create new avenues to support youth in our communities and each other.

With this summer marking our 15 year anniversary, we came together in an intimate gathering to celebrate what our collective has built together—something amazing that would never have been possible by any one person alone.

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

We gathered a group of brilliant young people to lead us in a public panel discussion event on what wellness means, and what supports and gets in the way of achieving youth's visions of wellness for themselves and their communities.

We invested in making sure vital threads of connection with youth who are incarcerated were not lost when continued lockdowns and staff shortages made even virtual programming impossible at times.

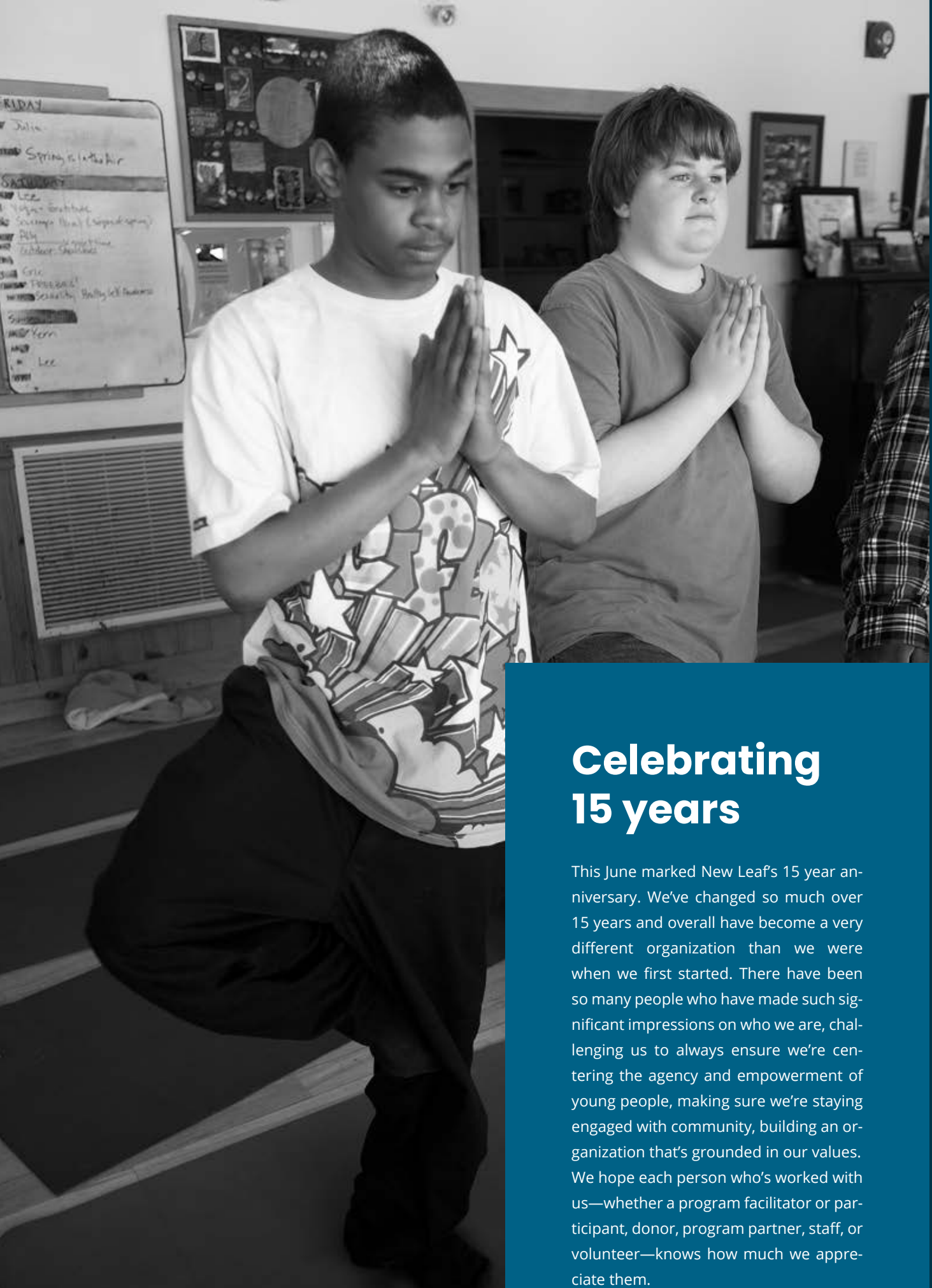
And we eventually even got to celebrate the beginnings of coming back together for in-person programs late in the spring and summer!

These, and so many other, moments of connection give us hope.

The upcoming fiscal year will be a critical one for first steps in rebuilding or reimagining what was lost or paused since March 2020.

Your support over these past three years has not gone unnoticed. Your continued support in this important phase will be critical.

Thank you for making our work possible. Here's to another 15 years of New Leaf!



## Celebrating 15 years

This June marked New Leaf's 15 year anniversary. We've changed so much over 15 years and overall have become a very different organization than we were when we first started. There have been so many people who have made such significant impressions on who we are, challenging us to always ensure we're centering the agency and empowerment of young people, making sure we're staying engaged with community, building an organization that's grounded in our values. We hope each person who's worked with us—whether a program facilitator or participant, donor, program partner, staff, or volunteer—knows how much we appreciate them.

# Milestones

**2007**

Incorporated on March 1, 2007 and started our first program at a youth custody facility in Goderich, Ontario

**2009**

Led our first program outside of youth custody with Toronto-based gang-exit initiative, Breaking the Cycle, and started working with Trails Youth Initiatives

**2010**

Increased to 8 program sites and piloted a 1:1 youth mentorship program

**2012**

Piloted our first school program at Duke of York Public School in Regent Park, formed a long-term partnership with the TDSB, and launched our first drop-in program

**2017**

Launched our professional development training for educators



*2015: Toronto Foundation's Vital Ideas Grant Recipient*

**2014**

Hosted our first Still We Rise Gala at The Gladstone Hotel



*2016: Centre for Social Innovation Agents of Change Grant Recipient*



**2016**

Increased to 30 programs at 21 sites, offered the first online version of our yoga for youth training

**2013**

Increased to 15 program sites and held our first yoga for youth training



*2020 & 2021: lululemon athletica Here to Be Grant Recipient*

*2021: Ontario Trillium Foundation Resilient Communities Fund Grant Recipient*

**2018**

Held our first multi-school retreat bringing together four partner schools in North West Toronto

**2020**

Pivoted to offer programs and resources online due to pandemic, developed stress & mindfulness workshop and offered it online to 180 TDSB Professional Services Staff

**2021**

Piloted our Mindfulness Toolkit with 31 educators, carried out a youth wellness survey, and hosted 2 panel discussions and a workshop on anti-racism

**2022**

Began returning to in-person programs, delivered workshops on stress & mindfulness to over 100 youth

**“I feel less heavy in my heart  
than I felt before walking in  
here.”**

**- Youth Participant**

# Programs

An on-going pandemic, continued limitations to in-person programming combined with fatigue with virtual engagement, two years of isolation and multiple unknowns. This was the name of the game in the 2021-22 fiscal year. Despite these difficulties, New Leaf Foundation managed to make a significant impact supporting young people. Here are some of the highlights:

- Released a report summarizing our Youth Wellness Survey findings
- Held a virtual youth wellness panel as a follow up to the Youth Wellness Survey
- Piloted an online version of our Building Blocks for Resilience professional development training with 19 staff at Pathways to Education
- Led virtual programming at one youth custody facility and pivoted to offer care kits to 120 youth in custody where programming was not permitted due to COVID-19 lockdowns
- Delivered workshops on stress and mindfulness to over 100 young people
- Forged new and strengthened existing relationships with an expanded number of community partners
- Returned to in-person programming at some program sites, including 4 school sites
- Offered our Mindfulness Toolkit to 180 educators from both elementary and secondary schools in 5 boards
- Expanded our Mindfulness Resource Library through the creation of additional resources
- Provided two important continuing education workshops to our facilitator team, increasing their capacity to lead accessible mindfulness and movement-based practices



# Mindfulness Toolkit

After a successful pilot the previous year, New Leaf sought to increase the use of our Mindfulness Toolkit—a set of online DIY modules that provide teachers and other youth-service providers with access to 7-weeks of lesson plans with themes, audio and video recordings of meditations and mindful movement practices, printable activity sheets and teaching instructions.

This year, we were excited to see sign-ups grow to 180 educators from both elementary and secondary schools and community organizations including:

Saint Cecilia Elementary School

Roden Public School

Beaumonde Heights Middle School

Silverthorne Community School

Jesse Ketchum Junior and Senior Public School

William Lyon Mackenzie Collegiate Institute

Emery Collegiate Institute

Kipling Collegiate Institute

Westview Centennial Secondary School

Thistletown Collegiate Institute

Fairbank Attendance Program

Pathways to Education & Affiliates

**“I’ve been in my house a lot due to COVID-19 so I like to get the opportunity to do a lot of movement when I don’t usually.”**

**– 16-year-old Toolkit User**

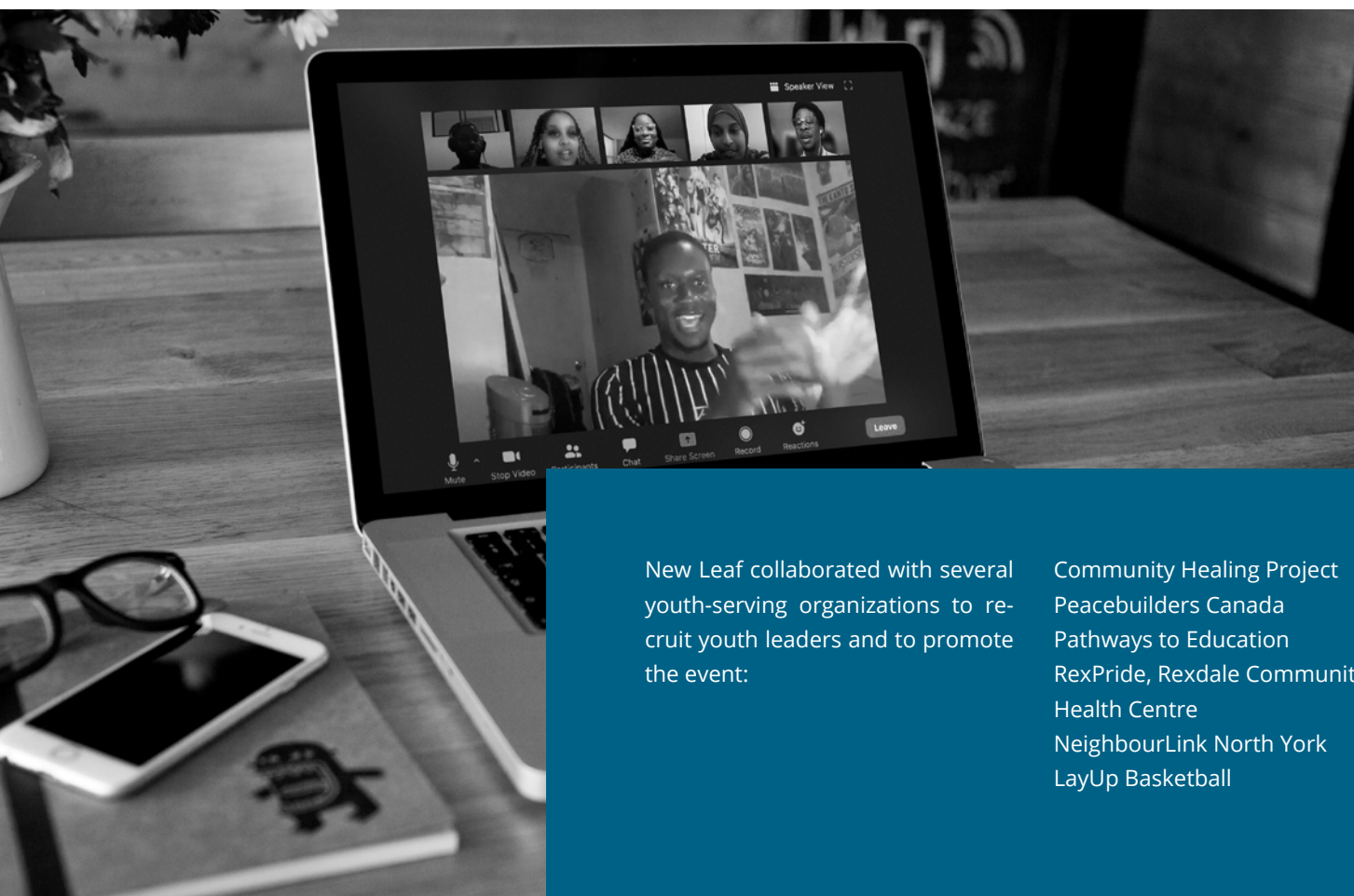


# Panel Discussion

As a follow up to the youth wellness survey we conducted in 2021, New Leaf released a summary report to the public and hosted a panel event led by young leaders sharing their vision of wellness. Our goals included providing a platform that centered and amplified youth voices, continuing to position New Leaf's work within a broader conversation on youth wellness and mental health, and engaging a range of service providers, educators, and parents in an ongoing dialogue around youth wellness so that we might all rise to the standard of care that youth have outlined for us.

The panel discussion was moderated by Travonne Edwards and featured a spoken word performance by Shahaddah Jack. Youth panelists included Imanayy, Jonathan Samuels, Lamisa Ahmed, Shahaddah Jack, Tramar Anderson, and Kwasi Adu-Poku. Additional consultations on the format and content were provided by Verly Ndongmi, Lamisa Ahmed, and Imanayy.

The panel left our close to 100 attendees inspired and hopeful about a future in the hands of these young leaders!



New Leaf collaborated with several youth-serving organizations to recruit youth leaders and to promote the event:

Community Healing Project  
Peacebuilders Canada  
Pathways to Education  
RexPride, Rexdale Community Health Centre  
NeighbourLink North York  
LayUp Basketball

**“...there’s not enough access to wellness, there’s not enough access to programs, and the system is set up to not give access to people who are marginalized—and we are only marginalized because the system is set up that way.”**

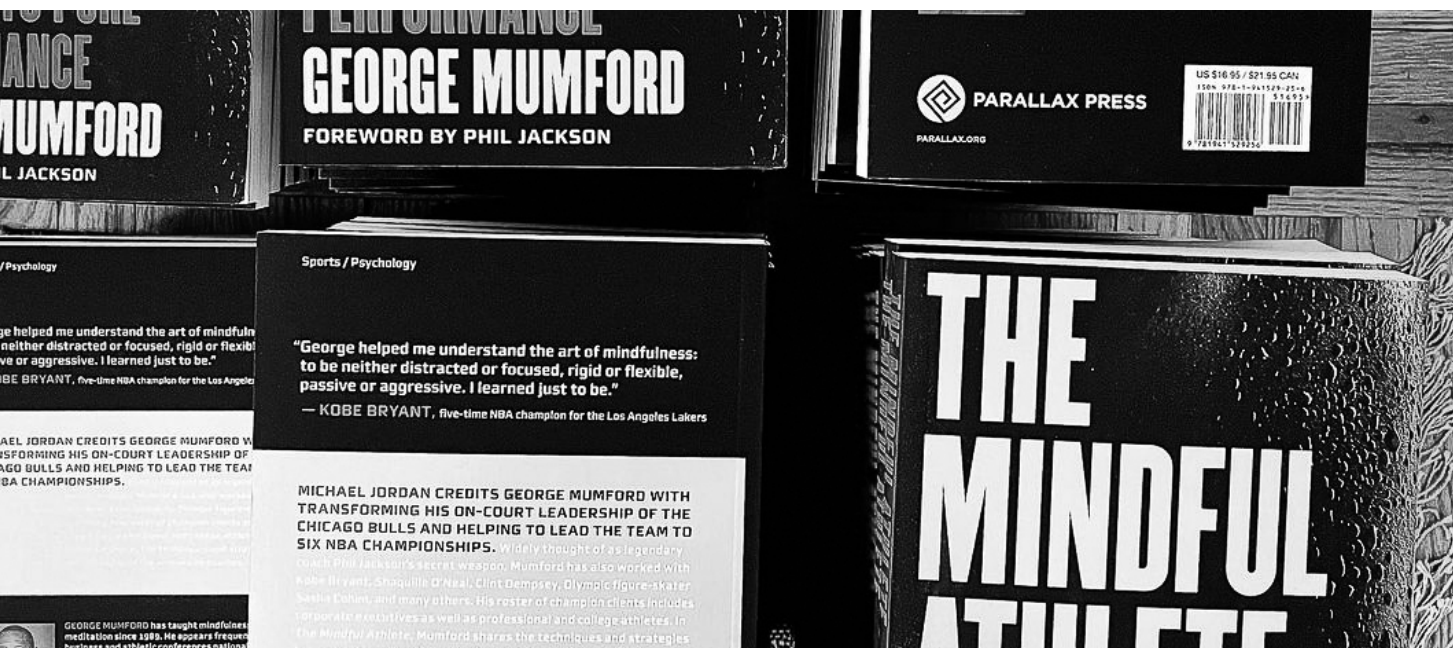
**– Jonathan Samuels, Youth Panelist**

# Care Kits

COVID-19 outbreaks and staffing shortages interrupted our ability to lead both in-person and virtual programs with our youth custody partners this year. Instead, we were reminded that there are lots of impactful avenues for engaging youth, and New Leaf pivoted to provide care kits to address heightened isolation and create a bridge to the wider community.

Kits included our 7-day mindfulness journal, a book by George Mumford called "The Mindful Athlete" and a snack and were provided to 120 youth at:

- Sprucedale Youth Centre
- Syl Apps Youth Centre
- Ray of Hope
- Roy McMurtry Youth Centre



**A Recreational Officer facilitated the journal with some youth at RMYC. They enjoyed it so much that the officer shared more videos from our resources and the youth practiced on the unit.**

# Stress & Mindfulness

In our on-going efforts to increase mental health literacy amongst youth, we delivered workshops to young people sharing knowledge around the impacts of stress on our brains, bodies and behaviours, and the positive effect that mindfulness-based practices can have on the stress cycle. The workshop, titled *Working With Stress Through Mindfulness*, was offered in collaboration with:

Jesse Ketchum Junior & Senior Public School  
Monarch Park Collegiate Institute  
Peacebuilders  
Rexdale Community Health Centre  
Seneca College  
West Scarborough Neighbourhood Community Centre

Staff surveyed shared that youth participants received tools to deal with stress and/or challenging emotions, as well as tools to increase their health and well-being. Participants shared what they learned about and common themes included: stress, body awareness, brains, emotions, and how to be mindful.

**“The workshop was wonderful, the youth seemed to get a lot out of it and were super engaged throughout. It was informative without feeling too heavy.”**

**– Program Partner Staff**



# Program Breakdown

## Community

Multi-session programs run in partnership with other youth-serving organizations.

Number of Sessions	66
Youth Reached	244

## Schools

Multi-session programs run in secondary schools and with TDSB staff.

Number of Sessions	25
Youth Reached	79
Adults Reached	45

## Custody

Multi-session programs in open and closed custody facilities and alternative sentencing programs.

Number of Sessions	53
Youth Reached	43

## Workshops

Introductory workshops on the impacts of stress and the positive effects of mindfulness on the stress cycle.

Number of Workshops	13
Youth Reached	109
Adults Reached	22

## Building Blocks for Resilience

Professional development training for educators and service providers piloted online.

Number of Sessions	4
Adults Reached	19

## Panel Discussion

Panel event led by young leaders sharing their vision of wellness.

Youth Leaders Engaged	7
Attendees	88
Recording Views	105

## Mindfulness Toolkit

A mindfulness resource (recordings, lesson plans, and worksheets) designed for classrooms.

Number of Users (Educators)	180
Youth Reached (Approx.)	4,500

## Resources

Accessible, youth-friendly mindfulness activities, audio and video recordings.

Page Views	2,000
Number of Plays	3,811

# Partners

Community Healing Project  
 Eastview Community Centre  
 Jesse Ketchum Junior & Senior PS  
 L'Amoreaux CI  
 Miles Nadal Jewish Community Centre  
 MLSE Launchpad  
 Monarch Park CI  
 NeighbourLink North York  
 North East Secondary Alternative School  
 Pathways to Education

Peacebuilders Canada  
 Rexdale Community Health Centre  
 RexPride  
 School of Experiential Education  
 Seneca College  
 Sprucedale Youth Centre  
 Syl Apps Youth Centre  
 Toronto District School Board  
 West Scarborough Neighbourhood Community Centre



Eastview Community Centre



School for Experiential Education

**“I would say this program helped me deal with anger and how to calm myself.”**

**– Youth Participant**

# Team

## **Board of Directors**

Shaka Licorish, Chair  
Balaji Swaminath, Treasurer  
Ameena Amarally  
Bernice Cipparrone  
Billy Lourakis  
Jasmin Parmar  
Michelle Corbeil  
Sasha Manes

## **Staff**

Laura Sygrove, Executive Director  
Nicole Madison, Director of Operations  
Amanda Nicholls, Program Manager  
Rochelle Miller, Teaching Coordinator  
Faith Jones, Communications Coordinator

## **Program Facilitators & Mentors**

Amanda Nicholls  
Beeta Senedjani  
Carrie McCutheon  
Dione Adams  
Faith Jones  
Imesia Ewan  
Julia Gibran  
Karen Gnat  
Martha Atkins  
Nicole D'Souza  
Rochelle Miller  
Stefanie Rico

## **Advisors**

Jess Robertson  
Felicia Ross  
Kate Love  
Katie Anderson  
Rebeckah Price  
Zainab Kizilbash





# Grants & Funders

## Foundations & Grants

Ontario Trillium Foundation  
 lululemon athletica  
 McCall MacBain Foundation  
 Sporos Foundation  
 The Abe Iskander Foundation  
 Dawn Tattle Family Foundation

## Corporate Donors

Leede Jones Gable Inc.  
 NLI Solutions

## Donors \$2,000 - \$1,000

Raised 80's  
 Cuecalm Inc.  
 Modo Yoga London & London West  
 Modo Yoga Bloor West

## Donors \$600 - \$250

Modo Yoga Brooklin  
 Modo Yoga Maple  
 Union Yoga + Wellness

George McLennan  
 good space  
 100 Women Who Care Toronto West  
 The Theine Foundation  
 Bernice Cipparrone  
 Carole Matthews  
 Lauren Duchon  
 Spirit Loft  
 Ulfur Inc.  
 Nita Mistry  
 Karuna Brandy

## Donors Up to \$200

Candice Faktor  
 Robin Hurlow  
 Simone Hilley Bland  
 Patrick Madigan  
 Samantha Nolan  
 Andrea Morris  
 Lara Cardoso  
 Amy Lubik  
 Caroline Blouin

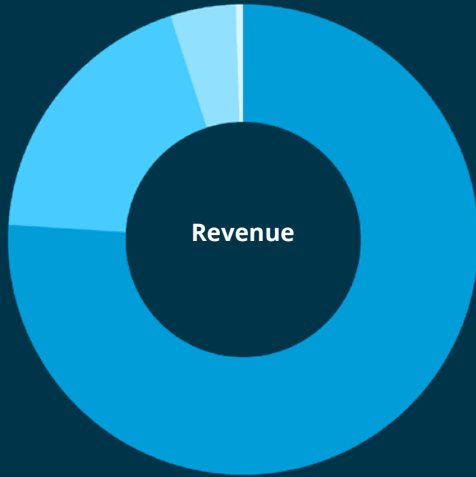
Dennis Milling  
 Donna Armstrong  
 Glenda Myles  
 Laurie Arron  
 Leendert Jan van t Hof  
 Marg McCann  
 Amanda Coffey  
 Laura Simhoni  
 Triti Namirianian  
 Anthea Stern  
 Caitlin Comeau Jarvis  
 Jessica Froislie  
 Kate Parizeau  
 Meghan Grzeslo  
 Tara Luck



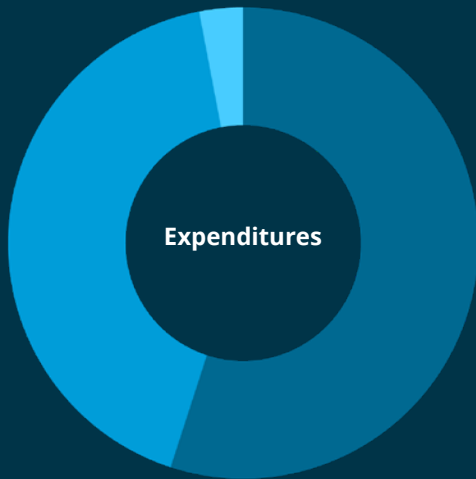
**“I learned in the program  
to have patience and think  
about others.”**

**– Youth Participant**

# Finances

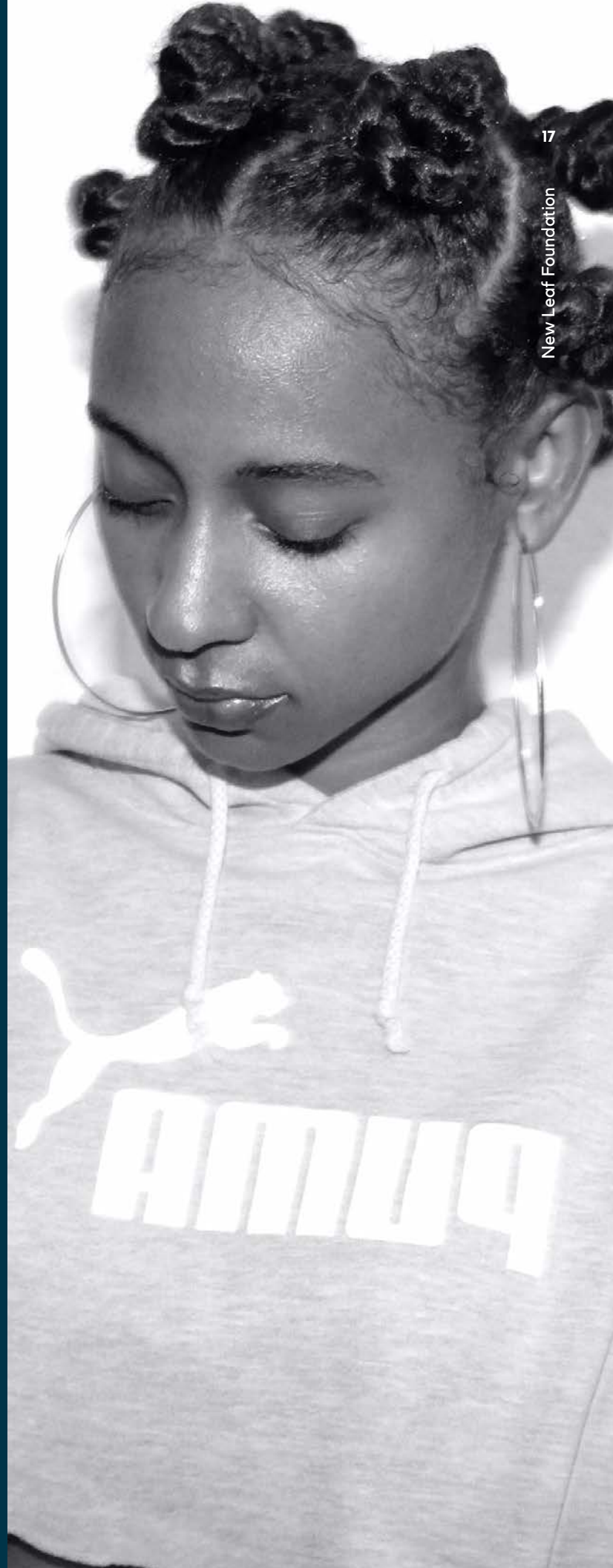


- Grants 76%
- Donations 19%
- Fee for Service 4.5%
- Other 0.5%



- Programs 55%
- Operations 42%
- Fundraising 3%

**Total Annual Budget \$ 242,145**



# Statement of Operations

For the Year Ending August 31, 2022

	2022	2021
<b>Revenues</b>		
Donations	\$ 30,667	\$ 51,549
Grants	\$ 122,850	\$ 141,422
Fundraising	\$ -	\$ 4,655
Interest Income	\$ 857	\$ 290
Fee for Service	\$ 7,341	\$ 21,061
Government Grants & Subsidies	\$ -	\$ 45,953
<b>Total Revenues</b>	<b>\$ 161,715</b>	<b>\$ 264,930</b>
<b>Expenditures</b>		
Programs	\$ 132,662	\$ 110,887
Wages & Benefits	\$ 82,001	\$ 81,526
Fundraising	\$ 6,104	\$ 5,643
Rent & Utilities	\$ 2,191	\$ 3,700
Office & General	\$ 8,620	\$ 5,757
Insurance	\$ 3,938	\$ 3,877
Professional & Consulting Fees	\$ 3,522	\$ 3,066
Bank Charges & Interest	\$ 330	\$ 1,326
Telephone	\$ 1,562	\$ 1,448
Amortization	\$ 1,215	\$ 879
<b>Total Expenditures</b>	<b>\$ 242,145</b>	<b>\$ 218,109</b>
<b>Excess of Revenues Over Expenditures</b>	<b>\$ (80,430)</b>	<b>\$ 46,821</b>
<b>Net Assets, Beginning of Year</b>	<b>\$ 151,437</b>	<b>\$ 104,615</b>
<b>Net Assets, End of Year</b>	<b>\$ 71,007</b>	<b>\$ 151,436</b>

# Financial Position

As At August 31, 2022

	2022	2021
<b>Assets</b>		
Cash	\$ 141,079	\$ 222,008
Accounts Receivable	\$ 2,589	\$ 4,402
Prepaid Expenditures	\$ -	\$ -
Property & Equipment	\$1,279	\$2,494
<b>Total Assets</b>	<b>\$ 144,947</b>	<b>\$ 228,904</b>
<b>Liabilities</b>		
Accounts Payable & Accrued Liabilities	\$ 8,940	\$ 12,468
Deferred Revenue	\$ 25,000	\$ 25,000
Canada Emergency Business Loan	\$ 40,000	\$ 40,000
<b>Total Liabilities</b>	<b>\$ 73,940</b>	<b>\$ 77,468</b>
Net Assets	\$ 71,007	\$ 151,436
<b>Total Liabilities &amp; Net Assets</b>	<b>\$ 144,947</b>	<b>\$ 228,904</b>



