



New Leaf Foundation

better together.



A campaign in support of youth mental health

Who We Are • Page 1

A charitable organization supporting youth mental health.

Get Involved • Page 4

We need your support to reach more young people.

Sign Up • Page 6

Tell us how you'll get involved and receive some great perks.

80%

of our program participants shared that they gained new tools for taking care of their health & well-being



Who We Are

New Leaf Foundation is an Ontario-based charitable organization that supports young people in equity-deserving communities through programs, education, and resources that use mindfulness and yoga-based activities to address the causes and impacts of chronic stress. Our aim is to increase the mental, emotional, and physical health of youth and respond to the lack of equal access to wellness-based resources that many young people in low-income and marginalized communities experience.

New Leaf has been delivering our programming for more than 15 years in schools, custody facilities, and in partnership with other youth serving organizations. We have longstanding partnerships with the Toronto District School Board, Ministry-run youth custody facilities, and community organizations such as MLSE Launchpad, Pathways to Education, and more.

What We Do

We offer sessional programs and workshops for youth aged 12-20 who face inequitable access to resources. In addition, we provide professional development opportunities for caregivers, such as teachers, service providers, and parents, along with an extensive library of mindfulness-based materials, including our Mindfulness Toolkit, our digital curriculum for classroom use.

Our programs are all grounded in our trauma-informed, anti-oppression, and mindfulness-based approach.

Over the years, New Leaf has reached over **12,000** young people directly in our workshops and programs. Our resource library has over **14,000** audio/video plays while our handouts have been downloaded **500** times just this year. Not only that, we've also trained more than **700** educators and service providers who can potentially impact over **15,000** additional young people *every single year!*

“I learned how to put my feelings into words, how my actions may affect others”

- Youth Participant



Together, we can make a difference.

In recent conversations with partners, a recurring theme has emerged: “We’ve never seen anything like it.” What these teachers, youth workers, and youth themselves are speaking to is the high level of stress, anxiety and other mental health challenges they are witnessing young people experiencing today.

One thing is clear: **our work is more important now than ever.**

The feedback we receive from participants and staff continuously underscores the importance of our programs in fostering participants’ sense of belonging, empowerment, better stress management, improved sleep, and greater awareness of their thoughts and emotions – all crucial elements for maintaining mental well-being.

Your involvement could make all the difference!

Join us in relaunching our *Better Together* campaign to raise essential funds and increase awareness. Our aim is to bring together small businesses and individuals to collectively make a big impact.

By supporting us, you'll contribute to the sustainability of our initiatives, helping us:

- Build more youth leadership opportunities
- Expand our programs within schools and forge relationships with new school boards
- Provide stress and mindfulness workshops to young people
- Equip educators with tools to prioritize student and staff well-being



We need your support to reach more young people.

We've simplified the giving process by offering options tailored to your community. Together, we have the power to positively impact the mental health of countless young people in the GTA and Southern Ontario.

Direct Donation (Monthly or One-time)

Choose New Leaf Foundation as the recipient of the proceeds from your “karma” or donations-based classes, event, or other studio initiative.

Get Your Community Involved

Another option is to raise funds as a community! Here are a few ideas:

- Invite clients to add a donation to their purchase of a pass or mat rental
- Host a draw: clients show you proof of a donation to New Leaf and are entered into a draw to win a class pass
- Use our [Peer-to-Peer fundraising tool](#) to raise money as a studio



“I learned how to take time to calm down, clear my head and cope with challenges the right way”

- Youth Participant, Workshop

Giving Goes Both Ways

As a *Better Together* campaign supporter, we want to give back to you too, so that you feel appreciated and connected to what New Leaf is up to this year.

You'll receive:

- a tax-deductible receipt for your donation
- promotional tools to tell your community how you're supporting youth mental health
- online recognition on our website and social media
- quarterly email and video updates
- discounts and invitations to our events
- opportunities to build community with us



Signing up is easy!

Email our Operations Coordinator, Faith Jones, at faith@newleaffoundation.com and answer these questions:

1) How would you like to get involved?

- Direct Donation
- Draw
- Peer-to-Peer Fundraiser
- Other (tell us more!)

2) What is your estimated donation level?

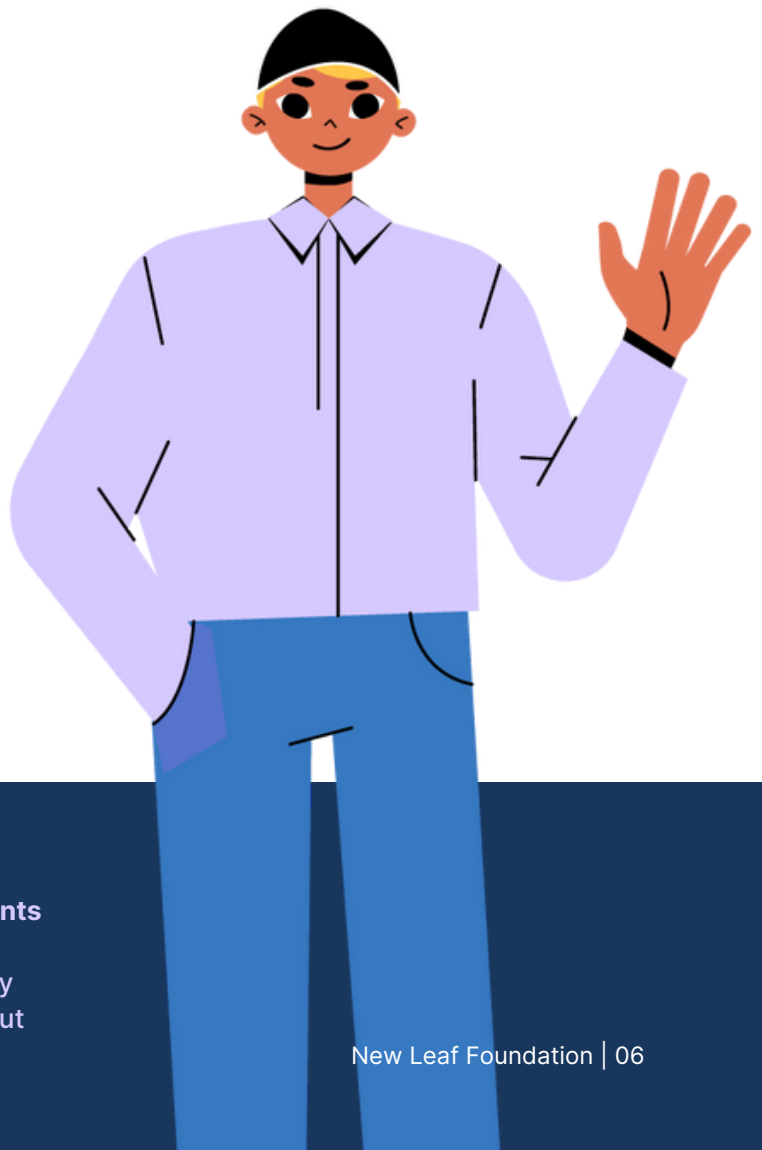
3) Choose your payment type:

- One-time Donation
- Monthly
- Other (please specify)

4) Choose your payment method:

- e-Transfer
- Cheque
- CanadaHelps
- Other (please specify)

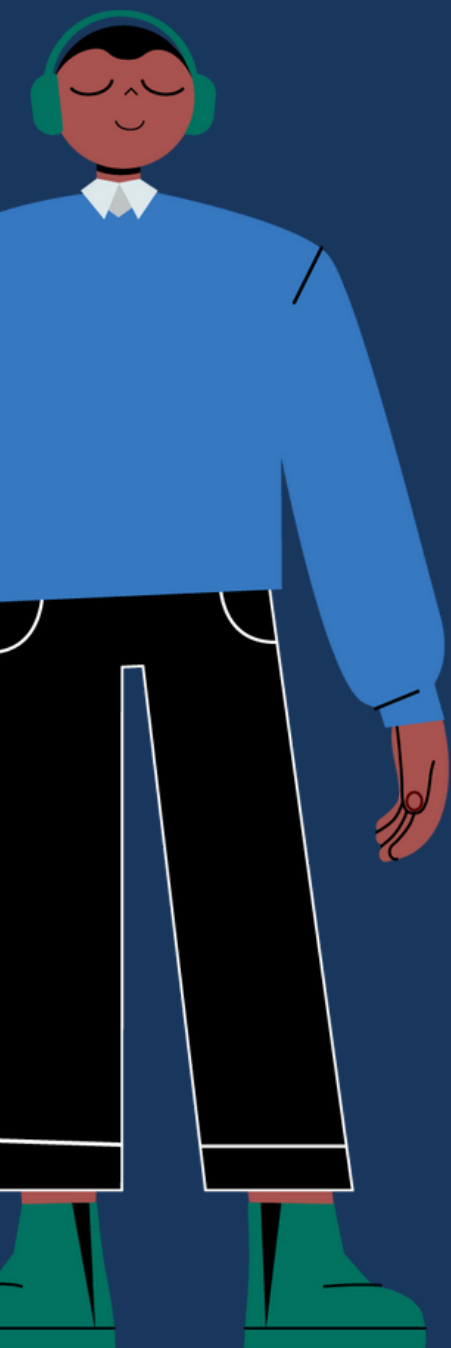
And then send us a studio selfie (could be anyone!) holding a sign that says “We’re better together” and we’ll post it to our socials to announce your support!



67% of our program participants shared that the program helped them to walk away from a conflict or talk it out

“I learned how to
control my breathing
when I'm mad”

- Youth Participant, Program



Thank you!

We know you have a lot of choices when it comes to donating, and we are so grateful that you chose to donate to our cause. We're excited to be in touch.

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