

URBAN LIGHTS

TRANSFORMING TORONTO SINCE 1896

The power of philanthropy



Kellie Foster – seen here holding a sign – with Kinectrics' CNOY 2023 team.

Partnerships play a vital role in Yonge Street Mission's ability to serve the community. One of our trusted collaborations, which dates back to 2019, is with electric power company Kinectrics. It started when our President & CEO Angie Peters was invited by Kinectrics' CEO David Harris to speak about YSM's programs and services at the grand opening of Kinectrics' downtown office.

Kellie Foster, Manager of Advanced Reactor Integration & Analysis at Kinectrics, was inspired by Angie's presentation and felt compelled to get involved with YSM. When she expressed her enthusiasm to David, he

encouraged her to lead the company's philanthropic collaborations with us.

Shortly after, Kellie and four colleagues, including one of Kinectrics' owners, participated in a group volunteering experience at YSM's Evergreen Centre for Street-Involved Youth, where they prepared and served lunch to more than 100 youth.

"Our first experience was incredible and left us feeling a much greater sense of purpose than when we arrived," says Kellie. "I was personally very inspired to broaden our support and outreach to the communities YSM serves. We have sent over 50 staff to support lunch services now,

and the feedback has been nothing but overwhelmingly positive."

Educational activities and programs are an important part of Kinectrics' philanthropic efforts. The company recently hosted a science and technology-themed field trip for YSM Cornerstone's March break camp participants, through which 45 children toured their Etobicoke campus, including its testing and qualification facilities, radioactive material and chemistry laboratories and various other areas. The company also provided the children with lunch and a backpack full of new school supplies.

In addition to regularly supporting YSM's participation in the annual fundraising walk Coldest Night of the Year, Kinectrics has also hosted its own Food Bank and Toy Market support drives and made various corporate donations to support YSM's community initiatives. The company believes these ongoing philanthropic efforts are an important part of its overall mandate.

"Poverty is not a one-and-done situation," said Kellie. "At Kinectrics, we care deeply about making a lasting and meaningful impact in the communities in which we operate. Citizenship is one of the company's core values and we do our best to live up to that value year-round."

Thank you, Kinectrics – we are 'better together' thanks to your continuing support!

Soon to open: Our redeveloped Evergreen Health Centre



While it may not look like much yet, our much expanded Health Centre will dramatically expand the care we can offer street-involved youth.

After completing our \$3 million Evergreen Health Centre redevelopment campaign, construction was soon underway of our brand new, purpose-built health centre, which will be completed in July!

We are truly grateful to both associated volunteers and donors especially as the redevelopment will expand our health centre volume to over 400% of its current capacity!

Thanks to the role donors played, the new centre will:

- Dramatically increase the range of services being offered to street-involved youth, including doubling dental care capacity.
- Extend the hours during which youth can access health care and specialty services, to reduce waiting times because of space restrictions.
- Feature vital medical equipment including medical examination tables, dental treatment chairs, sterilizing equipment, and an automated external defibrillator.

- Reduce 'hallway medicine' in hospitals by providing street-involved youth with the care they need at YSM.
- Connect youth in our care with a family doctor so when they age out of Evergreen's services, they'll have an existing trusted relationship with a primary caregiver within other Toronto health care agencies.

"The expanded clinic will be able to serve more individuals and families in need by offering more frequent and expanded services, in partnership with volunteers, students and various organizations," said June Zhang, our Evergreen Health Centre Manager.

Thank you for showing Toronto's street-involved youth they are valued and supported, and will be for decades to come!

Evergreen Health Centre volunteers needed!

Yonge Street Mission is inviting volunteer support from health care professionals! With the upcoming opening of our newly-expanded Evergreen Health Centre (EHC), we need more reliable professional health care volunteers than ever.

As you may know, our EHC provides low-barrier, compassionate and non-judgmental health services for vulnerable and street-involved youth aged 16-24, and their children.

We're especially seeking health care professionals such as Registered Nurses, Physiotherapists and Chiropractors to join our EHC volunteer team. The associated time commitment is a half day once a month for a minimum of 6 months.

Please share the link to our volunteer website page www.ysm.ca/healthcareproviders, which lists our current Health Centre volunteer opportunities, with any health care professionals contacts you may have, and who may be interested.

Thank you for helping us deliver equitable health access to Toronto youth!



You can be part of our volunteer team to offer care and support to street-involved youth.

Trauma & transformation



Sometimes bad things happen, things we are not expecting, could not prevent, or which are out of our control. These events can leave a lasting impact on us, and affect our emotional well-being, our relationships, and even our physical health.

Many of the community members YSM serves have experienced one or more types of trauma. In some cases, the exposure to trauma started in early childhood, and the experiences have affected how they interact with the world around them.

Trauma behaviours can be understood as adaptive and protective coping skills, even when masked as addictions, gambling, self-harm and / or compulsive behaviours, to name a few.

YSM Bridges and Mental Health and Counselling Services offer trauma and transformation psycho-educational groups, where participants learn the various impacts of trauma, new coping skills, and ways to build and maintain safety and stability.

The pace of recovery is unique to each person since everyone responds to trauma differently. Our *Trauma & Transformation* Group covers the three stages of trauma healing. “Safety and Stabilization” is the first stage and arguably the most difficult part of the trauma recovery process. When people do not feel safe in their own body, environment, or relationships,

they cannot process the trauma they experienced in a healthy way.

The second is “Processing of Traumatic Memories” in which participants create new meaning for themselves. The third stage, “Integration – Reintegration”, involves participants developing a sense of personal and relational integrity and wellbeing.

YSM’s integrative approach is holistic, strength-based, innovative, and offers a spiritual component that is restorative and essential for survivors to reconnect with different parts of their being and their creator, and which can often be interrupted by trauma. Through our work, we know community members can – and do – recover from trauma!

Happy Mother's Day!

YSM extends a belated happy Mother’s Day to all the extraordinary women and caregivers whose continued patience, kindness, and encouragement have shaped us to become the people we are today.

After her daughter could no longer safely care for her children, Anna*, an 80-year-old grandmother, found herself struggling to care for her two young grandsons.

Scan the QR code below to watch a video showing how YSM’s Daycare Supervisor Debbie and our Cornerstone Family Services were able to support Anna and her grandsons, largely because of the kind-hearted help of generous donors like you!



Make a gift that matters

There is no greater way to show your love and appreciation than by making a gift in honour of a special person when an occasion – such as Father’s Day, graduation, a birthday, or anniversary – arises.

By making a tribute gift today, you can celebrate a friend, honour a loved one, recognize a colleague, or offer a thoughtful gift to someone you care about, while also donating to provide needed services, ongoing care and wrap-around support for Toronto neighbours experiencing poverty.

When you give to mark a celebration, your tribute donation will be acknowledged with a special card containing your personalized message for your loved one, or sent to the family of someone you’ve lost.

More convenient than shopping for the elusive ‘perfect gift’ and meaningful in that it helps others while acknowledging someone you love, a tribute gift can be of any amount you choose, and acknowledged via either an e-card or a physical one mailed to the honouree. Make a tribute donation today by calling us at (416) 929-9614 (press “0” when the recording starts to reach our receptionist) or by donating online at www.ysm.ca/tribute.



Tribute gifts will be acknowledged with a card containing your personal message.

Letter from Angie President & CEO



As I write this, the World Health Organization has declared the COVID-19 pandemic is no longer a global emergency, marking the end of this life-changing chapter in our collective history. As we pause to recall the experience we have all shared these past three years, it is clear

that YSM's vantage point from which we experienced the pandemic was a unique one.

YSM witnessed the pandemic's devastating impact on those most marginalized in our community. The initial fear and uncertainty we all felt had a profound impact on our neighbours - new coping skills needed to be learned as we navigated an ever-changing situation. YSM's Mental Health team quickly mobilized to understand how community members would be affected and to offer the right support to meet their needs. Trauma and transformation support became a vital tool both then and now, as many members of our community continue to work hard to get back on their feet.

We have been grateful to have our loyal donors on which to lean. Corporate partners like Kinectrics as well as individuals like you bolstered YSM's response by sharing your time and treasure to ensure we could keep our doors

open and serve growing numbers of neighbours in need. "Better together" became much more than a tagline: it served as a lifeline.

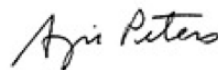
You not only helped us to meet the immediate demands we were facing. With you standing by us, we were able to also advance priorities identified before the pandemic. Our Evergreen Health and Dental Centre was one such initiative. Amid our urgent fundraising needs at the time, donors were able to look into the future with faith to help us build the new health and dental centre which will be ready to open its doors to street-involved youth this summer.

As the residual impact of the pandemic lingers on among our community, your unwavering support continues to motivate us. We remain committed to meeting the immediate needs of those experiencing poverty today while working toward a future where entrenched, chronic poverty is in the past.

We are profoundly grateful to you as loyal supporters. Whether you represent a corporate partner, are a professional services volunteer or a donor making a tribute gift, each is an act of kindness toward those in our community in need of vital support.

The power of giving lies in all of us coming together to give what we can to make the world a better place. Thank you for joining us in this important work - we are absolutely better together.

Shalom,



CNOY 2023 achieves record results!



CNOY participants gather inside St. Paul's Bloor Street, as they prepare to brave the cold night and walk in support of YSM.

We are excited to announce our Coldest Night of the Year (CNOY) 2023 community fundraising walk raised a new record of \$172,650, surpassing our \$160,000 goal!

We couldn't have realized this accomplishment without an incredible 441 walkers, 55 teams, 90 volunteers

and 1,700 donors, who ensured this was YSM's most successful walk ever! We want to sincerely thank our wonderful sponsors: our event venue **St. Paul's Bloor Street**, our Rest Stop Sponsor **Home Depot**, our Meal Sponsor **Salad King** and **Starbucks** which provided beverages and snacks at our Rest Stop.

Based on the results of the CNOY 2023 participant survey, our participants' experience was overwhelmingly positive. In fact, 79.2% of YSM CNOY participants rated their overall experience a perfect 5 out of 5, or 100%, which was considerably higher than the national CNOY participant's overall experience rating average of 67.3%.

One YSM CNOY participant said she "loved being able to connect with [her] faith community on an extended walk, as well as reflecting on what it might be like on the streets of Downtown Toronto."

We invite you to join us at next year's CNOY event on **Saturday, February 24, 2024!**