



# 2017 Annual Report

**HORIZONS  
FOR YOUTH**  
LEAVE THE STREETS BEHIND







Executive Director & Chair Message



## Message from the Chair of the Board and Executive Director

Overall, the last year has been another positive one for Horizons for Youth. While Horizons for Youth shelters homeless youth, we are much more than a basic shelter. Through our one-on-one interaction with clients and leading-edge educational, vocational and mental wellness programmes, we are effectively offering a full transitional housing service for youth. Our goal is to help break the cycle of homelessness, one client at a time.

To achieve this result, we are committed to improving, adding to and expanding our programmes and our strategic relationships on an ongoing basis.

This of course needs to be supported by substantial and sustainable long term funding. Our fundraising efforts have been, and continue to be, solid and we are pursuing a number of initiatives to solidify and sustain our financial position.

The fundraising environment we live in is continually changing and presents many challenges. Horizons for Youth has been a United Way agency for many years and it is one of our largest funders. Recently, United Way of Greater Toronto developed a new community investment strategy and two of Horizons for Youth's programs no longer align with their funding priorities - our Day Program and our Community Support and Aftercare Program. Although we still receive support from the United Way, the funds donated have been significantly reduced. We now have an \$89,000 gap in our funding that we need to fill.

Horizons for Youth is a financially responsible organization and we are taking the necessary steps to deal with this funding loss. Unfortunately, this has required a reduction in our staffing and programming which in turn adversely affects the level of services we can provide our clients.

Horizons for Youth owes its considerable success to an excellent management team, dedicated staff, committed partners, a myriad of caring volunteers as well as a vibrant and involved Board of Directors. I want to acknowledge and thank each and every one who has contributed to our success.

**David Armstrong**  
Chair of the Board

**Filomena Williams**  
Executive Director



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## Mission

To shelter, prepare and guide homeless and at-risk youth to achieve wellness and become contributing community members

## Vision

A sharing and growing community where everyone has a home





2017 Impact





## In 2017, Horizons for Youth provided:

**622**

homeless and at-risk youth with shelter and supportive services

**15,725**

safe bed nights to homeless youth (a measure of occupancy with each bed filled per night representing one bed night)

**198**

hours of active programming and healthy cooking workshops

**53**

field trips to various recreational and educational activities in the GTA

**91**

hours of structured pre-employment programs

**127**

clients with housing stabilization supports, which help homeless and at-risk youth find and maintain stable housing

**274**

community members with opportunities to volunteer at Horizons for Youth





## A Resident Testimonial about HFY's Cooking 101 Program

"I would first and foremost like to take this opportunity to thank and appreciate the amazing team that helps organize and come up with the provisions we use for the Cooking 101 program. I am a new immigrant and resident of Horizons for Youth Shelter for 4 months now. I came from Uganda in the East African region.

With the above being said, I write to you to express and show you how helpful the program is from my perspective. Aside from being a huge fan of food because why not, Toronto is a multi-cultural society which means learning about and embracing the different types of food from all over the world available in the city. Food here is so unique from how it is grown and delivered to how it is prepared to eat. Cooking is a survival skill that I intend to utilize because I want to get my own place and save up by cooking for myself rather than going out to eat.

People come to shelters for different reasons - bad reasons in most cases. But in here, something magical happens and that is hope. And the way I relate it to cooking is that when you cook or bake a particular dish, it's so therapeutic that you cannot help but think "I want to cook this at my place sometime". Just that one thought can definitely be used as a stepping stone to get yourself together. Get a job and a place of your own eventually. I really don't think I'm the only one who has had such a kind of thought. There are some residents who don't talk a lot but do so during the cooking class because it requires teamwork and communication to cook a particular dish together. Plus, you do feel happy after accomplishing a goal, which is the dish, and getting to tell people "yeah I made that".

-Resident, age 23 - written January, 2018





## 2017 Highlights

### Bon Echo Provincial Park

In October of 2017, Horizons for Youth staff members took nine clients to Bon Echo Provincial Park. These youth stayed in yurt accommodations and had the opportunity to participate in many outdoor activities, such as canoeing, hiking, cooking outside, playing sports, and of course, making a campfire.

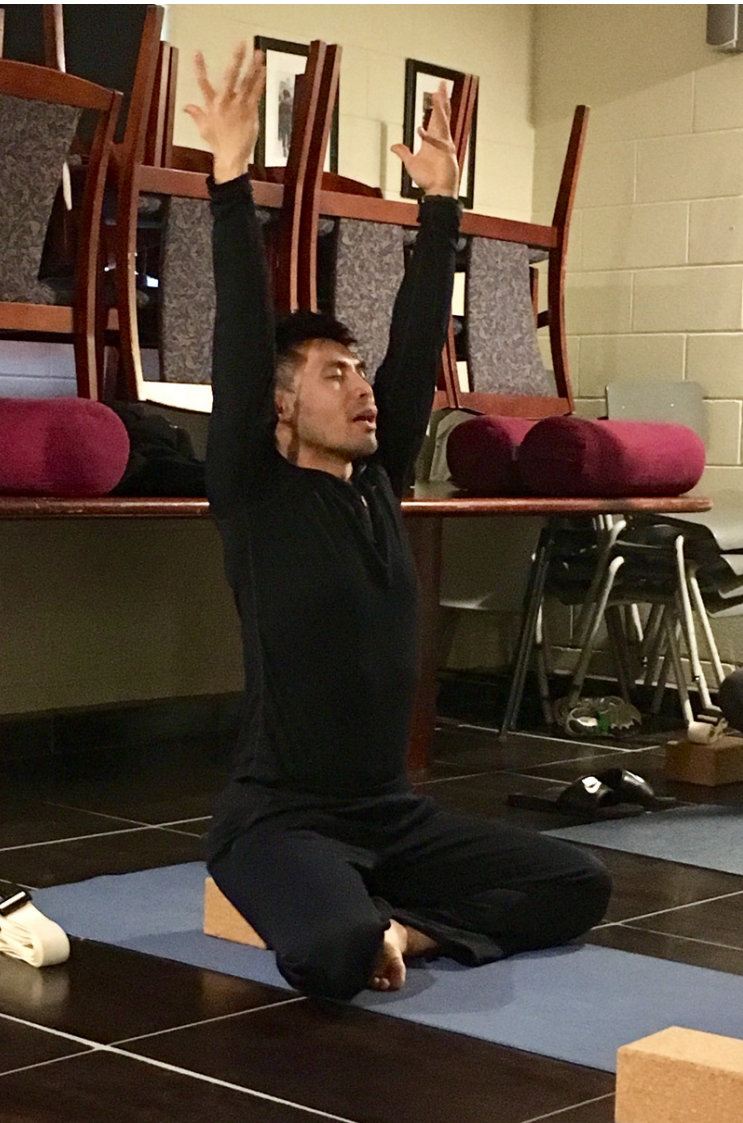
This type of trip is simply not available to many of the youth we support due to a number of factors, including a lack of finances, equipment, transportation and sadly experience within nature. Although many of Horizons for Youth's clients have spent countless nights outside, few have experienced the serenity of the outdoors.

A highlight of the trip for many of the participants was to escape the shelter environment for a few days and experience the peace and tranquillity of the Provincial Park. Youth enjoyed the chance to sit by the fire in the evening and listen to the sounds of nature.



## Mental Health & Addictions Support

2017 marked the first full year of Horizons for Youth's Mental Health & Addictions Program, which is funded by Green Shield Canada. This program provides assessment services, informal counselling, case management, crisis management, therapeutic group facilitation and referrals to mental health resources in the community. The Mental Health & Addictions Program has been extremely beneficial to our clients. In 2017, 467 youth participated in the Mental Health & Addictions Program. Fortunately, 86% of youth reported that they experienced an overall improvement in their health after receiving support from this program.



## New Partnership with Kula Yoga

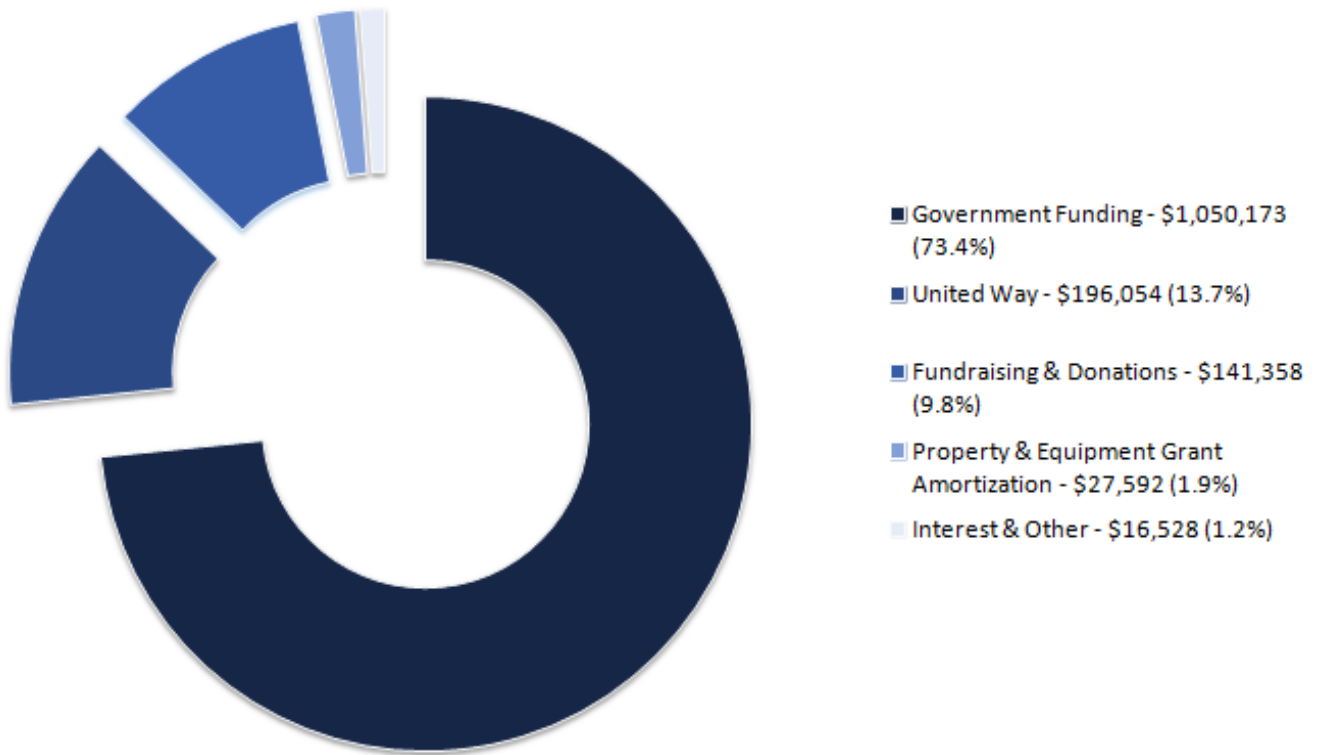
In September of 2017, Kula Yoga, a yoga studio located in the Annex neighbourhood of Toronto, began offering yoga classes at Horizons for Youth every Thursday morning, at no cost to our shelter. These classes assist our clients find peace in their bodies and minds and learn relaxation techniques. Yoga enhances the well-being of our clients and helps them cope with mental health challenges, such as depression and anxiety, which are prevalent among at-risk and homeless youth.

From September-December 2017, Kula Yoga instructors taught yoga to 155 participants at our shelter.

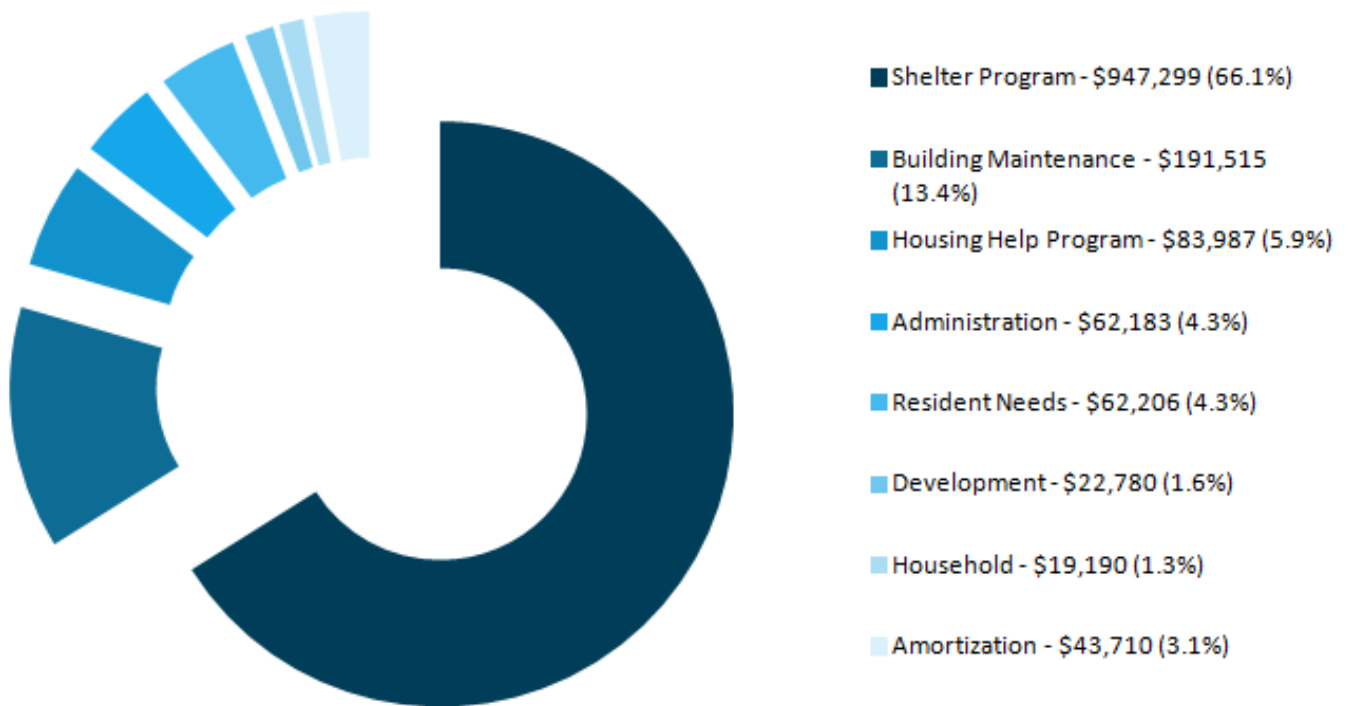


# 2017 Financial Highlights

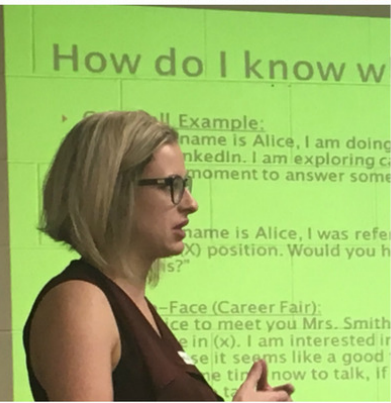
## Revenues



## Expenses



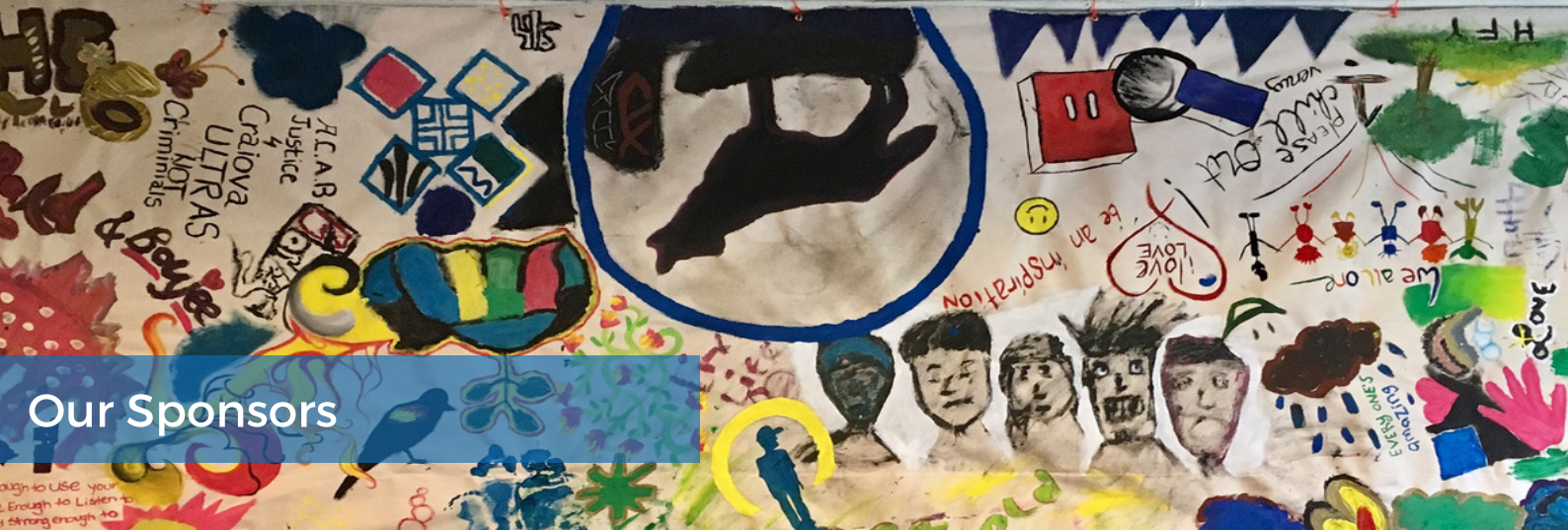




Our Partners







## Our Sponsors

### **\$1,000,000+**

- City of Toronto

### **\$100,000+**

- United Way Greater Toronto

### **\$10,000+**

- Green Shield Benefits Association
- The Home Depot Canada Foundation
- Ontario REALTORS Care Foundation
- The Hustler Young Men's Bible Class Foundation
- Karl Parnoja

### **\$5,000-9,999**

- Toronto Arts Council
- Woodbine Entertainment Group
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- The McLean Foundation
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- Forest Hill Lions Club
- Guang Hai Lui
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### **\$500-999**

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- McCarthy Tetrault Foundation
- David and Nicole Thomas
- June Redhead
- Arnold G Foulds
- D.R. Levitt







"Horizons for Youth has supported me in so many ways - physically and mentally. The staff are amazing - from putting food on our table to providing a bed to lay our head. Thank you for really trying to make us feel good and safe. The daily programs are really helpful too. Very caring and patient staff. The list is endless of how Horizons for Youth helped me.

-Resident, age 23





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