

ANNUAL REPORT 2018



MESSAGE FROM THE CHAIR OF THE BOARD & EXECUTIVE DIRECTOR

Youth homelessness is a crisis in Toronto. Every day, approximately 2000 young people worry about where they will sleep, what they will eat and if they will be safe. With Horizons for Youth's occupancy rates at an average of 99% in 2018, we effectively ran at full capacity. Our goal as an organization is to break the cycle of homelessness for every one of our clients. To achieve this, we are committed to improving our program offerings and strategic relationships on an ongoing basis.

Horizons for Youth has had many successes in the last year and we expect this to continue into the future. The physical well-being of our clients is one of our focuses and, to this end, we now have a fully funded weekly basketball program. This is the first organized sports program at Horizons for Youth and it has quickly become a highlight of the week for many residents.

Additionally, we have completed many upgrades to our clients' home. Our shelter is aging and therefore, we completed an assessment of the building in 2018 and established a capital reserve fund to enable us to meet capital expenditure requirements as they arise. We have secured funding to add a "Homework Hub" to the building, giving clients pursuing educational or employment goals a space to work on them with minimal distraction. We have also established a partnership with an organization that provides these clients with their own lap top computers, almost a necessity in today's environment.

Moreover, 2018 saw the organization adopt a new strategic plan, which also includes a separate but integrated, plan for sustainable development. These plans are intended to guide the strategic direction for Horizons for Youth over the next three years.

The Board of Directors was effectively rejuvenated in 2018 due to normal course turnover and an increase in numbers. We now have a strong, diverse board representing a broad range of personal, educational and career experience which we are confident will serve the organization well going forward. As part of our Board education process, we had an independent consultant lead a session on corporate governance. We are pleased to be able to report that our existing governance structure and procedures are closely aligned with the consultant's recommended "best practices".

Horizons for Youth owes its considerable success to its excellent management team, dedicated staff members and many caring and committed volunteers and partners. We want to acknowledge and thank each and every one of them for their invaluable contributions in helping at-risk and homeless youth leave the streets behind.

David Armstrong

CHAIR OF THE BOARD OF DIRECTORS

Filomena Williams

EXECUTIVE DIRECTOR



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



OUR IMPACT 2018



IN 2018, HORIZONS FOR YOUTH PROVIDED:



501

homeless and at-risk youth with shelter and supportive services



108

clients with Community Support services, which help former residents in their transition from the shelter system to independent living



50

clients with in-house psychiatric services



44

field trips to many recreational and educational activities in the GTA



267

clients with wellness workshops, which teach youth healthy strategies to cope with mental health challenges



94

hours of pre-employment programming



368

hours of active programming, including trips to the rec centre, yoga classes, basketball practices and boot camp classes



33

"Cooking 101" classes that teach youth how to make healthy meals on a budget



RAYANA'S STORY

Rayana* was born in Kazakhstan and moved to Toronto when she was seven years old. Her father was an alcoholic and would physically and verbally abuse her, her four younger brothers and her mother. Consequently, Rayana had to care for her brothers and often felt like a second mother.

When she was 16 years old, she got a job as a cashier at No Frills and was shortly promoted to a supervisor. She also accepted a second job doing administrative work at an office downtown. Although she spent a significant amount of her pay cheque buying groceries for her brothers, she was determined to save enough money to move out.

At 20 years old, Rayana returned home from work one evening and saw her mother running out of the apartment building in bare feet. Her father had hit her and her mother was scared for her safety. Rayana ran inside and saw her father drunk, holding a knife. He had broken most of the furniture in the apartment and was angrier than she had ever seen him. He beat Rayana and in this moment, she lost hope that her life would ever get better. She tried to take her own life that evening, but fortunately she survived.

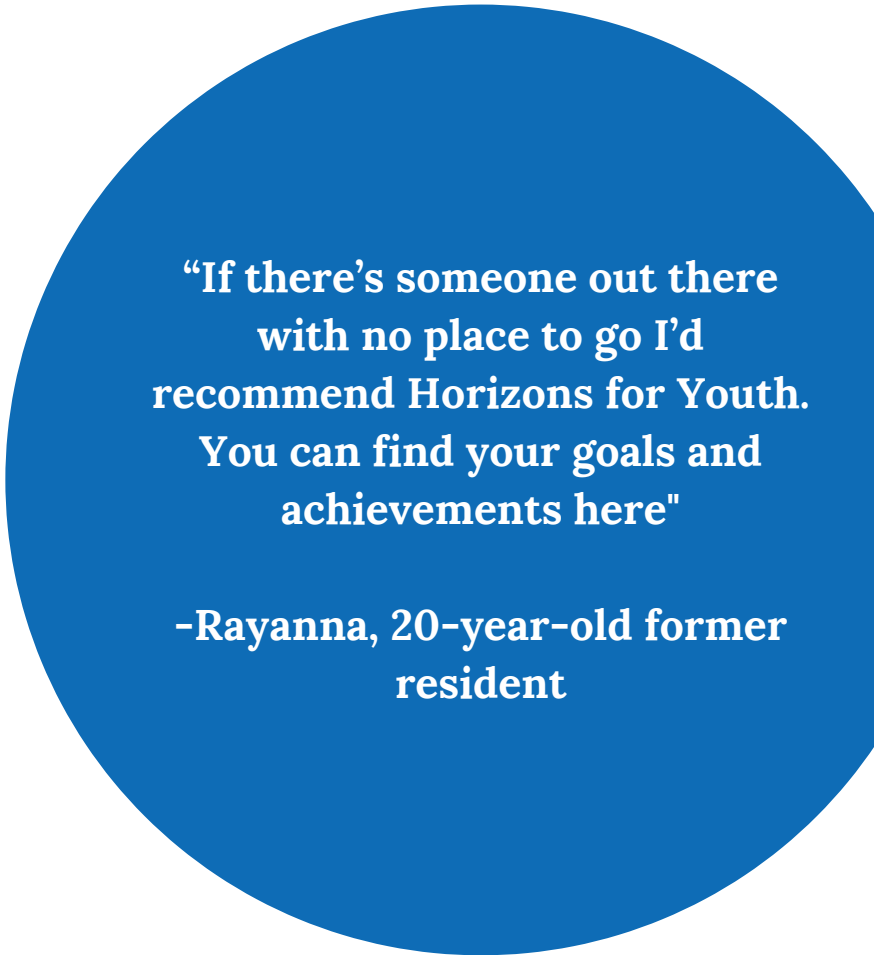
A few months later, she found out that her father had arranged a marriage for her to his friend in Kazakhstan. She tried to refuse but he beat her so badly that she could not stand up and thought he was trying to kill her.

Fearing for her life, she left her parents' apartment at two in the morning and went to a friend's house. Rayana needed somewhere safe to live where her dad would not find her, so she went to a women's shelter. She missed a few weeks of work because she was trying to hide from her father and lost both of her jobs. However, her father still found her. He showed up at the women's shelter one night and banged at the door, demanding to see her. Although the shelter staff did not let him in, she knew it was no longer safe to stay there. She travelled to another women's shelter in a smaller community, but felt very isolated from the city she grew up in.

Rayana decided she needed to move back to Toronto so she could find a job and start her life again. She came to Horizons for Youth in April 2019. She set a goal for herself that she would find a job and move out by June 1st. Rayana accepted multiple jobs and worked approximately 60 hours a week to save enough money to move out. Because of her determination, hard work and belief in herself, Rayana found an apartment in Toronto and moved out on the date she aspired to. Rayana said she is fortunate that she found Horizons for Youth. She said the staff team never stopped believing in her and celebrating her successes. The connections she formed with other residents in similar circumstances also helped her feel less alone.

"If there's someone out there with no place to go I'd recommend Horizons for Youth. You can find your goals and achievements here," Rayana expresses. She dreams of opening her own bakery and starting a loving and supportive family one day. Rayana says that she will never give up on herself again and she will not stop pushing herself until all of her dreams come true.

*Name changed to protect confidentiality



**"If there's someone out there
with no place to go I'd
recommend Horizons for Youth.
You can find your goals and
achievements here"**

**-Rayanna, 20-year-old former
resident**

2018 HIGHLIGHTS

In-house Psychiatric Support

In January 2018, Horizons for Youth began offering in-house psychiatric services for our residents. Prior to this, many of our clients had to travel upwards of an hour to access psychiatric support. Our agency's Psychiatrist, Dr. Kozloff, specializes in providing mental health services for transition-age youth with serious mental illness. She provides psychiatric services at our agency every other week, making these services accessible to all of the youth who reside at our shelter.

All youth in our agency's care have experienced trauma in their lives, such as parental abuse or neglect, a loss of a caregiver, extreme poverty, criminal victimization or coming to Canada as a refugee with nowhere to stay. Consequently, 80% of our clients experience mental health challenges, diagnosed or undiagnosed. The Psychiatrist and Mental Health & Wellness Counsellor, in working swiftly and effectively to support clients with mental health challenges, help them to better manage their illnesses, lead healthier lifestyles and transition to stable and safe housing.

Project Rebound

Horizons for Youth launched Project Rebound in July 2018, which is a weekly basketball program open to all of our agency's clients. Each week, Project Rebound's experienced basketball coach leads a 2-hour clinic, including a warm up, drills and a scrimmage game. All of our clients are welcome to participate in this program, no matter their skill or fitness level.

Although many youth join Project Rebound because they want to play basketball, they learn so much more. This program teaches vital life skills like communication, teamwork, confidence, conflict management, concentration and self-discipline, as well as encourages active and healthy living. We are thankful to the MLSE Foundation and Just Energy for funding this program and giving our clients this amazing opportunity.

Bark Lake Leadership & Conference Centre

In July 2018, eight of our residents travelled to Bark Lake Leadership & Conference Centre for three days and two nights. Bark Lake is located in Haliburton County, an area known for its beautiful lakes and tranquil communities. At this camp, our residents had the opportunity to swim, canoe, rock climb, walk the high ropes, make a campfire, learn archery and relax by the water.

None of these youth had ever been to a summer camp before, so this was their first time staying in lodges, eating in a camp dining hall and participating in structured outdoor and leadership activities throughout the day.

These youth had never been able to attend summer camp due to a number of factors including; a lack of finances, equipment, transportation and experience within nature. Although many



of the youth we serve have spent countless nights outside, few have experienced the serenity of the outdoors.

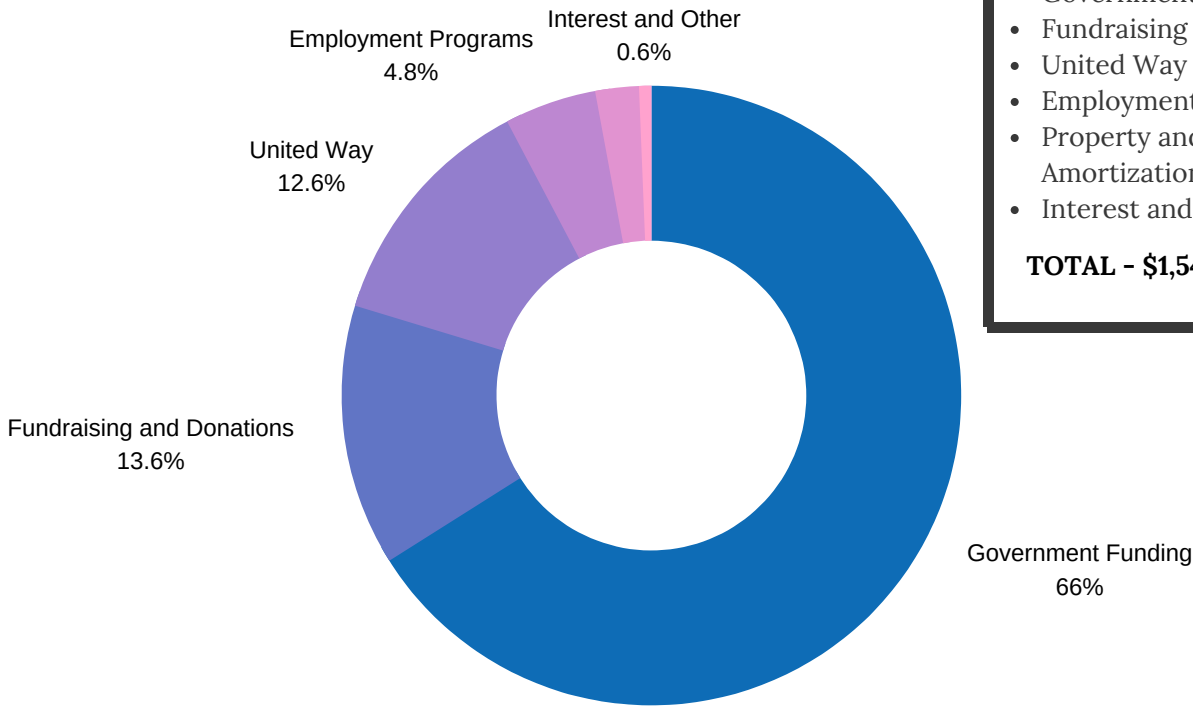
We would like to thank the Aston Family Foundation for funding this incredible trip for our youth and giving them fun memories for a life time.

"Prior to coming here, I had always lived in the city and never before experienced the outside world. Bark Lake changed all of that, and went above and beyond in exceeding my expectations on a scale I did not imagine possible. Many of my first times were made here, like learning how to swim, and it was also here where I gained my passion for water activities and studying wildlife!!"

-Bark Lake Participant, 2018

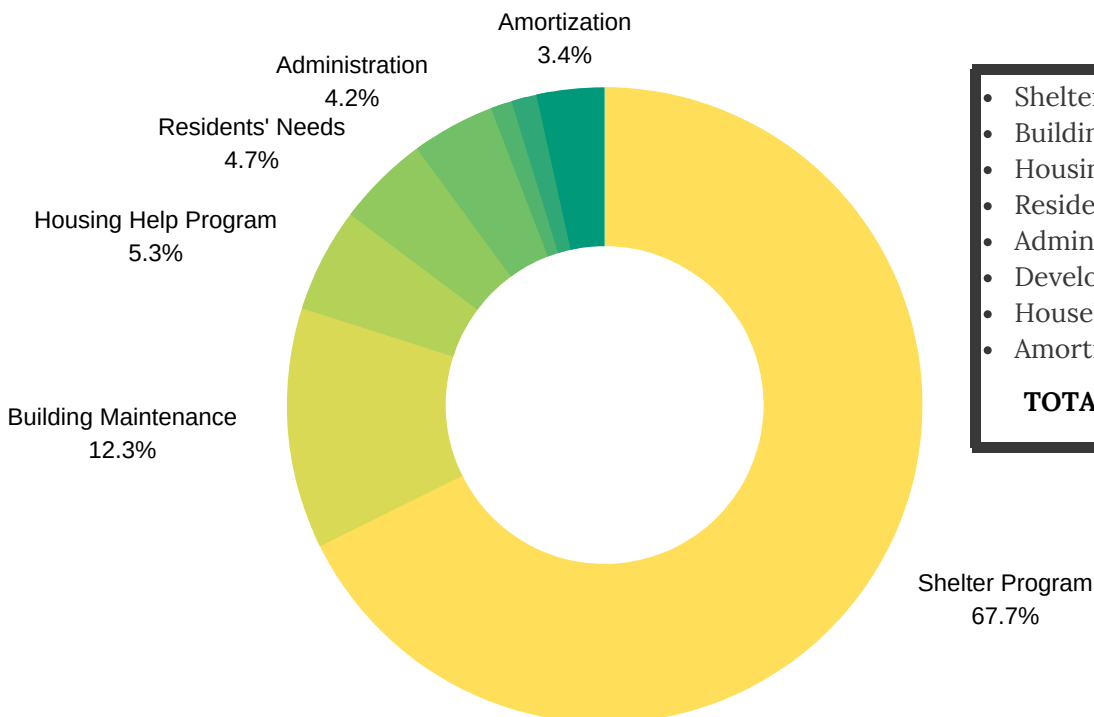
2018 FINANCIAL INFORMATION

Revenue



- Government Funding - \$1,023,388
 - Fundraising and Donations - \$211,300
 - United Way - \$195,232
 - Employment Programs - \$74,358
 - Property and Equipment Grant Amortization - \$35,230
 - Interest and Other - \$9,938
- TOTAL - \$1,549,446**

Expenses



- Shelter Program - \$1,012,636
 - Building Maintenance - \$183,381
 - Housing Help Program - \$79,474
 - Residents' Needs - \$70,409
 - Administration - \$63,469
 - Development - \$16,213
 - Household - \$19,301
 - Amortization - \$51,624
- TOTAL - \$1,496,507**



Volunteers 2018

2018 SUPPORTERS

\$1,000,000+

- City of Toronto

\$100,000 +

- United Way of Greater Toronto

\$50,000 +

- The Ontario Trillium Foundation
- MLSE Foundation

\$15,000-49,999

- Green Shield Canada
- The Home Depot Canada Foundation
- Bell Canada

\$10,000-14,999

- North Toronto Collegiate Institute
- Aston Family Foundation
- LoyaltyOne
- Woodbine Entertainment

\$5000-9999

- Sage Foundation
- United Parcel Service of America
- Walmart Canada

\$2500-4999

- Trek for Teens Foundation
- Forest Hill Lions Club
- The Cadillac Fairview Corporation
- The Junior League of Toronto
- Meridian Credit Union
- Minto Corporate Services


\$1000-2499

- Jo's Snowflake Fund at Toronto Foundation
- Lynne Brejak
- Karen Phillips
- A & A Optoelectronics Ltd.
- Bernardi Human Resources Law
- Brampton North Nissan
- Carolyn Kinzie
- Digital Business Systems
- Just Energy
- Premise Ltd
- RBC, Risk & Security Services
- Richardson GMP
- Brian Courtney
- Ontario Realtors Care Foundation
- Saro Creative Canada

\$500-999

- The Big Carrot
- Zamil Hirji
- Punk Sucks
- Michael White
- Ryan Smyth
- Chum Charitable Foundation
- Joan Ramsay
- Nicole Kozloff
- Omer Arshed
- PWC Canada
- Serena Tejani





“The staff at Horizons have helped motivate me to get my life back together by putting myself out there and trying to find a job...The programs and constant check-ins with the staff have helped push me through this difficult time and turn my life better and get myself back on the road to success”

-Current resident



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