



Shine On

2024

# Youth Department Summary Report



[ymcasouthwestns.ca](https://ymcasouthwestns.ca)



[@LunenburgCountyYMCA](https://www.facebook.com/LunenburgCountyYMCA)



[@ymcalunenburg](https://www.instagram.com/ymcalunenburg)



# A MESSAGE FROM THE YOUTH DIRECTOR

This year marked the 15th year that the YMCA of Southwest Nova Scotia has expanded program opportunities for youth. This past year took our Youth Leader Program into Queens County offering youth in Liverpool and the surrounding communities an opportunity to gain valuable leadership skills and volunteer hours. Food security and literacy programs for youth became a focus in 2024, with the expansion of the Cook It Up! program to all three YMCA youth centres through our Youth Outreach Program team. We also partnered with the Blue Jays Foundation and RBC to support youth and their families with healthy meal options. In total, these programs directly impacted over 130 youth who received one-to-one mentorship; supported 25 families; and provided more than 2700 meals.

Our organizations commitment to meeting the needs of our region's rural areas so that all children and youth feel connected and feel a sense of belonging allows us to continually adapt and find innovative solutions while building robust partnerships in the communities we serve. By leading and working with like-minded organizations we will continue to remove the barriers and support individuals wherever they may be on their journey for brighter lives with better physical and mental health. Additionally, in collaboration with community partners, we were successful in leading the initiative for approval for Integrated Youth Services site in Lunenburg County. We look forward to the path ahead and the potential and opportunities 2025 brings.



Kim Whitman-Mansfield  
Youth Program Director

## GRATEFUL TO OUR FUNDERS

The YMCA of Southwest Nova Scotia's Youth Department relies solely on grants, donations, and fundraising for its programming. All the programs detailed in this report were offered free of charge to any young person interested in participating. By leveraging our strengths, and collaborating with partners, we pursue funding opportunities to strengthen our youth programs and facilities. Thank you to our 2024 supporters whose contributions have been instrumental in the success of our programs and services.



# SCHEDULED PROGRAMS

*Free programs for youth, 11-18 years old*

## KING STREET YMCA YOUTH CENTRE

Programs offered in 2024 include: Cook it up!; Food & Fun; Chill Zone; Board Game Night; and Youth Leader Program. The Youth Centre is a safe space for youth to socialize, make new friends, and participate in a variety of activities.

Accessed: **2,679 times in 2024** and **19,239 times** since opening in October 2012.

2024 saw a **50% increase** in youth accessing programming at the Centre.

### PARTICIPANT BREAKDOWN

- Town of Bridgewater: 73%
- Lunenburg County: 25%
- Other: 2%

## YOUTH BASKETBALL

Provides opportunities for youth to be active, have fun and enhance their skills in a supervised setting.

Accessed: **353 times in 2024** and **5,724 times** since launch of program in May 2012:

### PARTICIPANT BREAKDOWN

- Town of Bridgewater: 73%
- Lunenburg county: 26%
- Other: 1%

“

**Testimonial from youth age, 16 who participates in youth centre programs:**

*“I’ve learned that I am definitely a very anxious person, and although I’m anxious and although I feel like nothing’s going to work out, people are there to catch me, and that makes me feel really good. This is a place where I can have fun, I belong, it’s interesting, and I got to meet a lot of cool people through it.”*

”

## YOUTH CONDITIONING

Features 5 unique streams of workouts for youth based on their health & fitness goals. A dedicated team of YThrive coaches are on site to support youth find their ideal program.

Accessed: **51 times in 2024** & **1,348 times** since launch in November 2015:

### PARTICIPANT BREAKDOWN

- Town of Bridgewater: 59%
- Lunenburg County: 39%
- Other: 2%



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**Testimonial from youth age, 14 who participates in the Youth Conditioning program when asked why they attended the program:**

*“For me it’s like fitness, and athletic, and like fun in general. I couldn’t come if it wasn’t free. So that is cool.”*

”

### FUN FACT:



**865 Volunteer Hours** were provided by adult volunteers in support of Youth Dept. Programming

# SCHEDULED LIMITED PROGRAMS



## YOUTH ZONE

Supported by the Province of Nova Scotia, Department of Communities Culture, Tourism, and Heritage, Active Communities Fund, this program provides opportunities for children ages 5-11 years of age to access unstructured physical activities in a non-competitive, healthy, fun, and interactive manner in a safe, social environment.

Accessed: **129 times** from January - April & September - December 2024

## PARTICIPANT BREAKDOWN

- Town of Bridgewater: 59%
- Lunenburg county: 41%

## NHL STREET PROGRAM

This new program supported by the Social Impact and Program Innovation branch of the NHL and RCX Sports brings an affordable, fun, simple, and accessible hockey program to youth ages 6-16. Two seasons were held in 2024.

- Winter season 2024 - **24 registrants** - 5 teams
- Summer season 2024 - **50 registrants** - 8 teams

Additional funding from the *Support4Sport*, the Province of Nova Scotia, Sport Canada, Canada Games Legacy Fund, and Manulife through a Sport Fund Grant allowed for the purchase of NHL Street risers to provide two complete NHL Street Hockey rinks for enhanced participation.



“**Testimonial from Tom Garavaglia, Director of NHL Street, after seeing a photo of the winter season tournament:**

*“So thrilled to see all the smiling faces. And 45 already for the next season is fantastic! Amazing to see the growth and increased interest after only 1 season. Looking forward to the next one and many more to come!”*

”



# COMMUNITY RECREATIONAL PROGRAMS

*Free for all ages*

## STREET HOCKEY & OUTDOOR BASKETBALL

Provides opportunities for folks of all ages and abilities to enjoy pick up hockey and basketball in an outdoor setting from May - October.

Accessed: **558 times** in 2024 & **866 times** since launch in May 2022.

## PARTICIPANT BREAKDOWN

- Town of Bridgewater: 29%
- Lunenburg County: 66%
- Other: 5%



“

*Testimonial from youth age, 14 who participates in Youth Basketball program when asked what the YMCA meant to them:*

*“It’s an opportunity to improve my game against higher competition levels. The YMCA is a place where I can go play basketball with my friends, have a good tie, work out , and usually can fund a pick up game whenever.”*

”

## GET MOVING! COMMUNITY BIKE LOAN PROGRAM

In partnership with the Lunenburg County Lifestyle Centre and the Town of Bridgewater, bikes for all ages, sizes, and experiences are available to borrow for free.

Accessed: **32 times** in 2024.

[ymcasouthwestns.ca/getmoving](https://ymcasouthwestns.ca/getmoving)



## PARTICIPACTION COMMUNITY BETTER TOGETHER CHALLENGE 2024

The YMCA of Southwest Nova Scotia secured funding for the fifth edition of the ParticipACTION Community Challenge, a national physical activity and sport initiative that encourages everyone in Canada to get active throughout the month of June. Several FREE recreational opportunities were held for all ages to participate in and to help contribute active minutes to their respective communities. Together, YMCA members and youth combined to register **10,828 active participants**.

The Town of Bridgewater finished as one of the **50 finalists** from across Canada.



# YOUTH LEADER PROGRAM

*Lunenburg and Queens County*

Aspiring youth volunteers from Lunenburg & Queens Counties are provided with an opportunity to participate in leadership training, gain developmentally appropriate skills, learn to get along with and appreciate others, gain self-confidence, and volunteer with YMCA led youth programming and community events.

A total of **126 youth** have completed all requirements for Level 1 leadership with **195 certificates** issued to youth attaining a higher level of achievement.

Since 2009 members of the Youth Leader Program have provided more than **20,010 volunteer hours**, with **1090** of those hours in 2024

## 37 ACTIVE YOUTH LEADERS IN 2024

YMCA Youth Leaders volunteered in these events in 2024:

- MODL Easter Egg Hunt
- Car Wash & Yard Sale YMCA Fundraising
- Healthy Family Day
- Senior Safety Awareness Day
- Debrisay Museum Puzzle Painting Event
- South Shore Exhibition Parade
- MODL Pumpkin Party in Dayspring
- YMCA Youth Zone
- MODL Pumpkin Party in Parkdale/Maplewood
- YMCA Trick or Treat Trot
- Lahave Parade of Lights



“

*Testimonial from youth age, 16 who participates in Youth Leader Program:*

*“We’re the next generation, we’re like the future of tomorrow... we can make a great society for us when we grow older. The youth leader program grows on you, and it grows with you. I learned that we are more capable than we think. The Y gave me a place where I can just be. Like there’s people here who accept me.”*

”





# YOUTH LEADER PROGRAM

*Lunenburg and Queens County*

## — ADDITIONAL HIGHLIGHTS —

- Youth Leader Program launched in Queens County in September 2024 with supportive funding from the Queens County Health Board - Wellness Grant; NS Dept of Education & Early Childhood Development - Out of School Time Grant; and the Health Promoting Schools partnership - After School Program Funding.
- Youth Leaders attended the Community Health Board presentation on the Photovoice Project.
- Youth Leaders partnered with Bridgewater Police Services, Senior Safety Officer, in preparing ribbons for the Senior Safety Day event.
- Seventeen Youth Leaders participated in an Integrated Youth Services focus group on what programs, services, vibe, and design they would like to see in a new centre, resulting in the publication of a report: "YMCA Youth Leaders -- Our Dream Youth Centre."
- Four Youth Leaders from Queens participated in a focus group facilitated by Youth & Caregiver Engagement Coordinator, Mental Health & Addictions Program, IWK Health to gather a summary of youth perspectives on engagements practices. Youth input was summarized in the report: "Youth Engagement: Insights and Recommendations from Youth."

## YOUTH-LED PROJECT:

### **SOUTH SHORE INTERGENERATIONAL CONNECTIONS & CONVERSATIONS**

With supportive funding from the Lunenburg County Health Board Wellness Fund, the Youth Leadership Program was successful in launching a new intergenerational project called, "South Shore Intergenerational Connections & Conversations." The project will bridge the gap between youth and seniors in our community by connecting these two generations through food, activities, and discussions ultimately producing an intergenerational podcast series. This project began in October and is led by the YMCA Youth Leaders. The program will be completed in mid-2025.



**More information available here:**

<https://www.cbc.ca/news/canada/nova-scotia/south-shore-podcast-aims-to-bridge-gap-between-young-people-seniors-1.7435375>

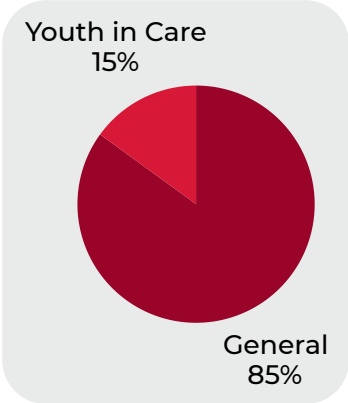
# YOUTH OUTREACH PROGRAM

This all-gender community-based program improves the immediate and long-term social, educational/ vocational, economic and health outcomes for vulnerable youth.

The YMCA YOP provides support for the following two streams of youth in Lunenburg & Queens Counties:

**General Stream:** Youth who are 16-24 years old experiencing risk factors, and who may, or may not be connected to Child Welfare programs.

**Youth In Care Stream:** Youth 12- 19 yrs old in the Minister's care, in a number of settings across the Welfare Placement continuum including temporary and permanent care.



## DATA COLLECTED FROM JANUARY 1 - DECEMBER 31 2024

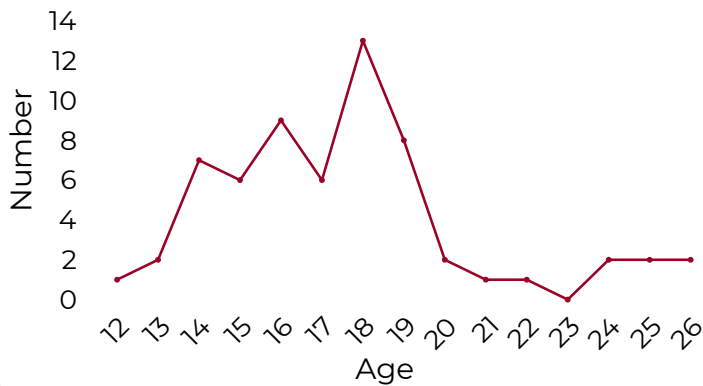
62

### Youth Referred

71% from Lunenburg County  
29% from Queens County



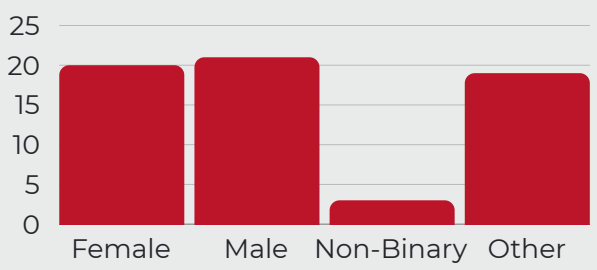
Number of Referrals by Age



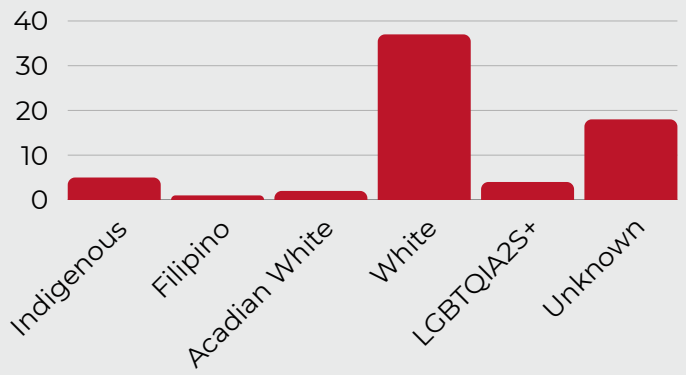
- 71%** Referrals came from service providers.
- 29%** Referrals were made as self-referrals
- 852** Times Liverpool YMCA Youth Center program accessed. Programs offered 3 days a week
- 530** Times Y Our Safe Space - Empowering Youth was accessed. Programs offered 2 days a week.
- 182** Total referrals received since the program launched in June 2022.

## ADDITIONAL DEMOGRAPHICS

Gender



Culture





# YOUTH OUTREACH PROGRAM

## *Additional outcomes*

### YOUTH OUTREACH ONE-TIME FUNDING

In 2024, the YMCA Youth Outreach Programs received a one-time funding support through the Department of Community Services to support programming to address affordable initiatives such as programs to: alleviate poverty; enhance food accessibility; provide additional support services; and promote literacy.



### RBC COMMUNITY TOGETHER FUND

Partnering with the RBC Bridgewater Branch, the YMCA of Southwest Nova Scotia was able to provide the youth of Liverpool YMCA Youth Centre a meal cooked and served by three RBC employees. In addition, the Centre was able to use the additional funds provided through the RBC Community Together Grant to help support purchasing groceries for weekly meals provided at the Centre. A total of **298 youth** were directly impacted by this fund.



“

*Testimonial from youth aged, 20 who completed the 4-session one-to-one portion of the program when asked what skills they learned:*

*“The skill of knowledge-the ability to have faith in the fact that food isn’t as hard to do as I thought. The cookbook of simple but nice recipes was a great read and help. We all learn together and it’s great for all skill levels.”*

”



### COOK IT UP! SHOP, COOK & LEARN!

In September 2023, the YMCA of Southwest Nova Scotia received support funding through the Lunenburg County Community Health Board Wellness Grant to provide at-risk youth hands on learning experiences in meal planning, shopping on a budget, food prep following safe practices, and meal preparation using simple ingredients with an emphasis on healthy eating and providing tools transferable to home and community. Additional funds were secured in March 2024 through the Province of Nova Scotia’s Department of Communities, Culture, Tourism and Heritage One-Time Food Relief Program with further funds received from South Shore Public Libraries Food Literacy Project; and Nourish Nova Scotia Youth Food Fund. Funding for staffing to provide this program was supported through the Department of Communities Services- Prevention & Intervention Youth Outreach Program and the United Way of Lunenburg County. This program was offered in Lunenburg and Queens Counties.

In total, **131 youth** were able to participate directly in the program in 2024, with **2083 meals** prepared by participants for their peers during flexible programs with any leftovers indirectly supporting other youth who accessed space for one-on-one supports. As a result, over **60 youth** were additionally impacted by this project outside of program hours. Funding is ongoing to support this program into 2025.

# YOUTH OUTREACH PROGRAM

## YOUTH OUTREACH PROGRAM ALSO:

- Participated in on-line training in access to On-Line Income Reporting System for youth
- Attended Youth Outreach Plus Project & Engagement meetings
- Participated in Lunenburg/Queens P&EI Community of Practice meetings
- Attended Provincial Youth Outreach Program Community of Practice Network Meetings
- Participated in the Mount Saint Vincent “Atlantic Tuition Project”
- Supported a Mount Saint Vincent Child and Youth degree student in a practicum placement
- Hosted a Pride Youth Drop-In at King Street YMCA Youth Centre as part of Pride Week Celebrations in Lunenburg County
- Supported a Park View Education Centre student with an interest in social services in obtaining COOP hours
- Presented an overview of YMCA YOP programs/services at the Child and Wellbeing Forum-P&EI Providers at Digby Pines
- Participated in the 2024 Lunenburg/Queens Community Support and Service-Based Count on Homelessness Survey partnership with South Shore Housing Action Coalition



- Hosted a youth focus group facilitated by Youth & Caregiver Engagement Coordinator, Mental Health & Addictions Program, IWK Health to gather a summary of youth perspectives on engagement practices. Youth input was summarized in the report: “Youth Engagement: Insights and Recommendations from Youth.”
- Hosted Holiday dinners at Y Our Safe Space - Empowering Youth and Liverpool YMCA Youth Centre for **38 youth** in total.





# SPECIAL PROJECT UPDATES

## LEAD (LEADERS EXPRESSING & APPRECIATING DIVERSITY) MOVING FORWARD

With support funding through the Nova Scotia Government's Dept of Communities, Culture, Tourism and Heritage, Diversity and Community Capacity Fund and in partnership with the South Shore Regional Centre of Education, the YMCA of Southwest Nova Scotia completed a pilot program with a focus on diversity and social inclusion at New Germany Elementary School. The key activities of this project were to build bridges to promote inter-cultural understanding; promote equal opportunity for individuals of all origins; and foster citizenship, civic engagement, and healthy democracy.

A curriculum for a 16-week program was developed on topics of diversity, leadership, and teamwork. The sessions created for LEAD (Leaders Expressing & Appreciating Diversity) Moving Forward are interactive for facilitation in schools or as community workshops.

## WOMENS ENTREPRENEURSHIP STRATEGY (WES)

The YMCA of Southwest Nova Scotia in partnership with YMCA Greater Toronto and funded by DMZ, introduced the Launchpad for Women Entrepreneurs in late 2023. This dynamic program aims to increase women-owned businesses' access to the financing, talent, networks, and expertise they need to start up, scale up and access new markets.

This 18-month project provides support for diverse, intersectional and/or under-served women entrepreneurs. This project will conclude in March 2025.

### Targets for funders for Nova Scotia for the duration of the project:

- 66 clients supported in starting a new business
- 16 clients supported in sustaining or growing an existing business

### Actual Outcomes for 2024:

- **251** unique clients supported
- **467** Phase 1 workshops completed
- **92** Phase 2 workshops completed
- **297** peer to peer session held
- **1880** individuals contacted through outreach & info sessions



### “ Testimonial from of a woman who attended a WES workshop:

“Back in early November, I attended a workshop...”  
Launchpad for Women Entrepreneurs “through YMCA in Bridgewater. ...a wealth of knowledge...many great tools and tips for business.”

# NEW PROJECTS 2024

## BLUE JAYS FAMILY NIGHT AT HOME

Family Night at Home is a Blue Jays initiative that aims to bring the magic of play and food into homes of families. The YMCA of Southwest Nova Scotia partnered with the Blue Jays Foundation and ...And Everything Nica Café & Catering Café to create meaningful connections for the families and the communities we serve. Families were selected by the YMCA's community partners. Each family received a delicious home cooked meal from the local restaurant selected by the Blue Jays Foundation and a themed family games and activity pack once a week for three weeks in April 2024.

This Jays Care initiative was able to reach over 350 families nationally, encompassing approximately 1600 individuals. We reached **25** families in Bridgewater with **107** individuals benefitting from this program locally.



## PIZZA & PONDER - FOCUS GROUP FOR YOUTH ENGAGEMENT

The Queens Coast Diversity and Inclusion Small Grant Program provided support to host two youth focus groups to discuss recommendations for youth engagement in Queens County. One session was held with the Liverpool Regional High School Gender Sexuality Alliance and one with youth attending the Liverpool YMCA Youth Centre.

**Thirty-six** youth ages 12 -24 years provided dialogue on what they want to see offered for youth in their community. The results of these discussions were compiled and shared with community organizations serving youth in Queens County.



## URGENT FOOD AND ESSENTIALS FUND

The YMCA of Southwest Nova Scotia were successful in receiving a one-time grant from the United Way Halifax to provide \$2000 in grocery gift cards to address the most pressing needs for youth impacted by food security. In total **50 youth** were supported with this program.





# INTEGRATED YOUTH SERVICES - LUNENBURG COUNTY



Young Nova Scotians and their families will soon have easier access to mental health and addictions services and related supports in Lunenburg County. Integrated Youth Services (IYS) is coordinated by community organizations with oversight from the Provincial Leadership Team, part of the IWK Mental Health & Addictions Program in partnership with several government departments to help youth ages 12-25 through in-person, outreach and virtual services.

In April 2024, Brian Comer, Minister of Addictions and Mental Health, announced the locations of seven of eight of the new Integrated Youth Services sites - each offering multiple supports which can include counselling, peer support, primary healthcare, employment and training supports, recreation, life skills and social services such as housing and income assistance support. The Town of Bridgewater was named a location for one of the new IYS sites.

The IYS - Lunenburg County site will be run by a coalition of community-based organizations, not one single organization. Because of this, entire communities have a strong sense of ownership of their IYS site.

## — Coalition agencies for the IYS - Lunenburg Site —

- YMAC of Southwest Nova Scotia (Lead Agency)
- South Shore Open Doors Association
- South Shore Sexual Health
- The John Howard Society Association
- SchoolsPlus
- Liz McCurdy Therapeutic Art
- Compassionate Connections Therapeutic & Consulting Services

Preliminary work was completed on design, staffing structure, needs assessment, youth and caregiver focus groups, building a Youth Advisory Council and a Care Giver Advisory Council, and building service agency partnerships. Much of the remaining months of 2024 were exploring space of least 7000 square feet that is centrally located and close to transit routes. The goal is to have a site ready to open in 2025.



**Youth Advisory Council, Provincial Chair, Morgan Garnhum**, speaking at the IYS-Lunenburg site announcement in New Glasgow, April 2024. Morgan is a resident of Bridgewater and also sits on the National and Local IYS YAC Council.

“As a charity that ignites the potential in people, the YMCA prides itself on providing a safe space for everyone feel like a member of their community. For decades, the YMCA has been a place that fosters - and advocates for - youth empowerment and youth mental health and wellbeing in Nova Scotia”

**Yvonne Smith, CEO, YMCA Southwest Nova Scotia**

# WORKSHOPS

## BASIC BUDGETING FOR YOUTH- TAKING CONTROL OF YOUR MONEY

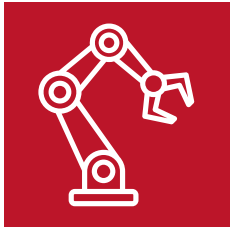
With supportive funding from: Employment Support & Income Assistance, Youth Development Initiative - Department of Community Services, and NS Dept of Education & Early Childhood Development Out of School Time Grant, and Department of Community Services - Prevention & Intervention Youth Outreach Program the YMCA provided three FREE opportunities for youth, ages 15-25, to better understand finances and empower them with the knowledge to transition into independent living. A total of **30 youth** participated in three workshop opportunities offered in both Lunenburg & Queens Counties.

“

**Testimonial from youth age, 19 on what three things they learned:**

*“How to get a good credit score; how to get a SIN number; and financial problems! I learned a lot.”*

”



## 2024 DIGITAL DISCOVERY CAMP - LUNENBURG COUNTY

The King Street YMCA Youth Centre hosted a FREE 4-day camp in-person experience for **13 youth**. Facilitated by the Discovery Centre in partnership with Digital Nova Scotia, youth explored everything from robotics and coding to 3D printing and video game development.

## LET'S TALK CHOICES

This 6-session program is aimed at generating meaningful conversations amongst youth who are part of 2SLGBTQIA+ communities, and their allies. With support from SchoolsPlus this program was offered at Forest Heights Community School and New Germany Regional High School. A total of **39 youth** participated in the program



## BOYS GROUP

This 4-session in-school program was designed to meet the needs of a group of grade 6 youth at Centre scolaire de la Rive-Sud. With supportive funds from SchoolsPlus, youth were provided support in positive choices & socialization in a group setting. This program was accessed a total of **41 times**.

## LEARNING TO BREATHE

Y-Our Safe Space – Empowering Youth supported by Department of Community Services- Prevention & Intervention Youth Outreach Program offered a 6-session workshop at Bridgewater Junior High School for **9 youth**. Learning to Breathe is a mindfulness program, from a trauma informed approach, which provides youth stress-reduction skills, inspiring compassion and acceptance and encourage and nurture present moment awareness.



# WORKSHOPS



## ANGER MANAGEMENT

Y Our Safe Space – Empowering Youth with support from Department of Community Services Prevention & Intervention Youth Outreach Program provided workshops on anger management aiming to help youth better understand, navigate, and respond to their emotional responses. The workshop was held at New Germany Regional High School.



## ENERGIZE GUYS

Department of Community Services-Prevention & Intervention Youth Outreach Program Staff developed a new program called Energize Guys. Young men (ages 12 – 15 years) participated in skill building activities and recreation to improve their health, and the health of their peers. The program is designed to help guys open and discuss topics such as boundaries, relationships, substance use, and more.

This program was offered four times, once at Bridgewater Junior High School; twice at Bayview Community School; and once at Chester Area Middle School.

In total, **20 youth** have participated in sessions offered in 2024.



## IGNITE CONFIDENCE - GIRLS ON FIRE CAMP

Y Our Safe Space – Empowering Youth and Liverpool YMCA Youth Centre with support from Department of Community Services-Prevention & Intervention Youth Outreach Program offered a new program called Girls on Fire. Designed to help girls, teens, and young women (female identified youth ages 12 – 18) learn lifelong strategies for empowerment, self-care, promote self-worth, confidence, and resilience, while recognizing the infinite potential that lies within. Two 4-day camps were held in the summer; one in Lunenburg County & one in Queens County. An additional 16 sessions in-school program began in the fall at Hebbville Academy and will conclude in 2025.

In total, **13 youth** have participated in sessions offered in 2024.





# ADDITIONAL HIGHLIGHTS

## YOUTH DEPARTMENT ALSO:

- Participated in the TESS Regional Awareness Event - Focus on Grooming
- Attended the Employment Supports Everybody Event - Focus on Accessibility & Inclusion
- Presented at the IWD Summit, Youth & Family Prevention Work hosted by Be the Peace & Leaside Society
- Attended YMCA Canada International Women's Day Webinar 2024
- Attended the Gender Creative Kids Lunch & Learn hosted by South Shore Sexual Health
- Attended YMCA Young Leaders Network Monthly meetings
- Presented at three Department of Community Services - Youth Services Team Meetings
- Presented at the Inclusion and Diversity Committee as part of the Department of Community Services Provincial Meeting
- Attended Virtual YMCA AGM sessions on: Launch of Y Connect; Diversity, Equity & Inclusion on YMCA Board of Directors; and Building Community Resilience: A Historical Journey of YMCA in Canada and Beyond
- Participated in After School Inclusivity Scan survey for Inclusion NS
- Presented to the Department of Community Services "Career Rising" program
- Attended the TESS Conference 2024: Addressing CSES Through both Criminal Justice and Public Health Approaches held at Acadia University
- Represented at the South Shore Labour Council Labour Day Event in Liverpool
- Attended Y Canada "Wellness While Working" webinar
- Attended the Duty to Report (CFWB) Practice Framework Presentation
- Attended Holly Carr's "Light in the Forest Interactive" presentation
- Participated in the Community Gathering: Advancing Equity & Justice hosted by IONS
- Participated in Community Connections – Liverpool: 211's Vision of the Future
- Presented at the 2024 Crime Prevention Symposium – Day 2: Community Leaders
- Attended "Finding Common Ground" presented by the Canadian Race Relations Foundation
- Presented at the "YMCA Lunch & Learn" at Liverpool Regional High School
- Attended IAKS Canada Webinar – Reimagining Recreation Facilities for Modern Society
- Presented at the Liverpool Regional High School Assembly – In School & Community Supports for Youth
- Attended Queens Health Board 2024-2025 Wellness Celebration
- Participated in Dalhousie University-Bridgewater Community Round Table
- Participated in Focus Group on "Mental Health Gaps in Community" as part of Dalhousie University, Centre for Psychological Health

## COMMITTEE WORK:

- Member of Lunenburg & Queens County Community HUB with representation at Level 1 & Level 2 HUB meetings; Queens Interagency Meetings; and Chester Interagency meetings
- Member of Trafficking & Exploitation Services System (TESS) Regional Group with representation in the Education and Strategy working group
- Youth Equity, Diversity & Inclusion Coordinator member of YMCA DEI Advisory Council

# THANKS TO OUR PARTNERS

The Youth Department has formed affiliations with many organizations within the community and will continue to develop opportunities in 2025 for youth that are not presently available for them. These affiliations include, but are not limited to:

- YWCA
- YREACH
- Digital Nova Scotia
- The Discovery Centre
- South Shore Open Doors Association
- South Shore Chapter Autism Nova Scotia
- South Shore Multicultural Association
- South Shore Sexual Health
- Canadian Mental Health Association – NS Division
- Employment Solutions
- NS Department of Community Services
- Lunenburg County Lifestyle Centre
- South Shore Restorative Justice
- South Shore Regional Centre for Education
- South Shore SchoolsPlus
- United Way of Lunenburg County
- Nova Scotia Health Authority
- Desbrisay Museum
- Society of Saint Vincent de Paul
- Municipality of the District of Lunenburg - Municipal Recreation Department
- Queens Family Resource Centre
- Trafficking & Exploitation Services System
- (TESS) Interagency provincial partnership
- The John Howard Society of Nova Scotia
- Liz McCurdy, Therapeutic Art
- Compassionate Connections Therapeutics & Consulting Services
- RCMP Lunenburg County Branch
- Department of Justice – Victim Services
- Be The Peace Institute
- Nova Scotia Works
- IWK Health



**Lunenburg County YMCA**  
75 High Street, Bridgewater  
902-543-9622



**Y Our Safe Space - Empowering Youth**  
425 King St., Bridgewater  
902-530-3352



**King Street YMCA Youth Centre**  
416 King St., Bridgewater  
902-530-3392



**Liverpool YMCA Youth Centre**  
40 Water Street, Liverpool  
902-530-3352