



The YMCAs of Québec
YMCAs of Québec
Foundation

Where
**CH
AN
GE** Happens

2020 Community Report



To inspire and encourage all people to reach their full potential, thrive and contribute to their community.

inclusion
respect
solidarity
boldness
caring
performance

Claudie Imbleau-Chagnon
President
YMCAs of Québec Foundation

Stéphane Vaillancourt
President and CEO
The YMCAs of Québec

Waguih Rabbat
Chair of the Board of Directors
The YMCAs of Québec



*Photo taken before COVID

Message From Our Presidents

2020 ... a year filled with challenges! Not just for us, but for our entire community. Lockdown, closure of our sports facilities, loss of revenue, shifting to a virtual world — the year threw a bit of everything at us.

But instead of dwelling on the setbacks of this very particular context, we would rather highlight the extraordinary things we witnessed in 2020, both at the Y and in our communities.

The first that comes to mind is the incredible show of solidarity we were privileged to witness. Solidarity between our teams, who overnight had to find new ways of working to support youth, families, and vulnerable individuals. But also, community solidarity. Whether through donations of food for vulnerable families, essential items for homeless people, or financial donations to support our programs, you answered our call for help so we could continue to have a social impact. Never have these words been truer: without you there would be no YMCA!

Because after all, that's what the Y is. A community of employees, volunteers, donors, members, and partners, who all work together so that every person, regardless of age or ethnicity, can grow, flourish, and become the best version of themselves. As the last year has demonstrated, the Y is more than a physical place, it is a positive influence for us all.

And while 2021 will likely still throw more challenges our way, we have absolute faith that together we are up to the task.

We will be there to support our community as it rebuilds and redefines its everyday life, just as we have been for almost 170 years.

Thank you for being a part of our big family!

A Year Turned Upside Down, Community Needs Increased Tenfold



The Cantine Mobile team handed out lunch boxes in various Montréal neighbourhoods.

The historic pandemic, which has affected us since March 2020, quickly brought to light the key role community organizations such as the Y play. From young people who were out of school to seniors who, from one day to the next, lost their autonomy and social networks, no one was spared.

From the very first days of the crisis, we put our facilities and expertise at the service of the City, Public Health, and our communities.

Spontaneous food drives were organized and essential items collected to support people experiencing homelessness. Telephone chains were set up to check in on seniors living alone. Teams of employees, volunteers, and partners rallied to distribute computer equipment and print thousands of pages of school work so students could learn from home.

And while the pandemic is still here, the past months have shown us the force and resilience of our communities and network. Despite the difficult times still ahead, we are certain that together, we will get through this.

And over the months, the projects and collaborations only multiplied:

- With the City of Montréal, we set up a shelter at the Downtown YMCA for women experiencing homelessness.
- With the help of Centraide and a multitude of partners, we distributed meals and food baskets in various neighbourhoods.
- To keep communities active and healthy, we offered daily virtual workouts.
- We provided additional psychosocial support to young people, vulnerable seniors, and people experiencing homelessness.
- To mitigate the impacts of the loss of schooling on students, we offered tutoring and homework help over the summer.

Transforming to Renew Our Impact

Over its 170 years, the Y's mission has evolved but one principle has always remained clear: to inspire all people to fulfill their potential, thrive, and contribute to their community. Throughout the decades, we have adapted according to societal changes to ensure the relevance of our actions. And, faced with a changing social context once again, we must show lucidity and agility so that our mission is as relevant today as it was in 1851.

Is it for this reason that we began an important transformation in 2020, even before the pandemic, to better adapt our expertise and actions to constantly evolving social issues but also to a different economic reality.

To ensure our ongoing impact, we need to find a balance today between the costs of our aging buildings and funding sources, including independent revenues and subsidies for specific programs. This fragile balance was particularly tested by the pandemic, which deprived us of 86% of the income normally generated by our fitness activities, the International Language School, and our camps.

In 2020, while the pandemic forced us to rethink how we operate, we looked to speed up this transformation and achieve three key goals:

- Refocus on our social impact — this mission of inspiring each person to thrive and have a positive impact on their community.
- Rethink the way we operate to achieve the financial health that is key to our longevity.
- Remain an effective and agile organization so we can continue to meet the evolving needs of our communities.

By changing how we do things and by putting social impact at the heart of our actions and decisions, we want to ensure each person has a place to fulfill their potential and become the best version of themselves.



YMCA Expands to Québec City

Throughout the many pitfalls of 2020, we had the immense pleasure of opening the Saint-Roch YMCA, in partnership with the City of Québec, to expand and reinforce our impact in the Québec City region, where we have worked for over 165 years.

Our actions in the community, which include supporting vulnerable people, youth programs, and food security initiatives, are now reinforced and enhanced by a full fitness and aquatic program for both adults and children.

Several programs could also be further improved thanks to this new space, which includes a community kitchen, TeenZone, and several sports facilities right in the heart of Saint-Roch.

WELCOME to your Y!

“Putting my
**EX
PERI
ENCE**
to work”

—Sophie

The power to make a difference

Sophie had just been hired in the communications department at the Downtown YMCA when the pandemic hit. Although she was suddenly no longer needed, she was determined to help and immediately contacted the community program managers to lend a hand.

She first worked with Cantine Mobile, a program implemented during the first wave of the pandemic, which provides meals to vulnerable people. Every day, she would crisscross the city parks handing out lunch boxes and essential items. It was while she spent day after day helping the people who needed it most, that everything suddenly clicked. She realized she had the ability to really make a difference in people’s lives.

Sophie took her work a step further and today manages the *Réseau d’action communautaire* program, where she leverages her expertise by guiding young participants in community action projects. She hopes that they too will experience their “aha moment” and have a concrete impact in their community.

▶ Watch her story:
communities.ymcaquebec.org



“It’s my
way to **HELP**
the community”

—Miraf

Challenging oneself to grow

Miraf is a curious and passionate young woman. As a teenager, she participated in the C-Vert Environmental Engagement Program to learn more about the most pressing issue of her generation: climate change.

Guided by the program’s leaders, Miraf not only developed her project management and advocacy skills, but also learned to get out of her comfort zone, to challenge herself, question preconceived ideas, and fine-tune her critical thinking abilities.

Through the projects, her interest quickly turned into a passion, and her passion into a plan for the future. Today, Miraf is a CEGEP student and hopes to pursue her passion for environmental protection further by studying politics and environmental science. She encourages a new cohort of young participants to explore their interests and use their talents to make a difference in their community.

▶ Watch her story:
communities.ymcaquebec.org

IMM PACT 2020


 Initiatives created in response to the pandemic

YOUTH
6,000
youth

25,000 hours
of academic
support

11,500
visits to our
programs

1,200
young people
received psycho-
social support

 **815**
school kits
handed out


900
teenagers joined
our virtual
TeenZones


624
children
attended camp


**LANGUAGE
COURSES**

1,371
language courses
given (online
and in-person)

FAMILIES
1,500
families

 **600**
families received
food assistance

 **200**
families received
computer hardware/
Internet access

 **365**
families benefitted
from virtual psycho-
social support

**HEALTH,
FITNESS,
AND
AQUATICS**

22,509
active members
as of March 10, 2020


 **63,063**
connections to
our free live courses
on social media


 **1,800**
outdoor courses

 **144**
virtual courses


**VULNERABLE
PEOPLE**
1,800
people

+ 10,000
interventions with
people experiencing
homelessness

 **294**
women of no fixed
abode welcomed into
our emergency shelter

 **100,000**
meals distributed
with our partners

800
vulnerable seniors
supported

 **300**
virtual interventions
with seniors
living alone

220
connections to
our virtual activities
for seniors



Building self-confidence through training

Lise is a young, dynamic, and friendly retiree. Striving to achieve a better balance in her life, she took advantage of the opening of the Saint-Roch YMCA to become more active, particularly through swimming.

A very sociable person, Lise immediately found a second family at the Y, through both the spirit of camaraderie in our programs and the kindness of our employees. Motivated by the team of lifeguards, she quickly achieved her objective of swimming 60 laps and discovered the sense of pride and well-being that comes from surpassing your goals.

Today, Lise is happy to report that she is living the best years of her life thanks to this newfound healthier and more balanced lifestyle!

▶ Watch her story:
communities.ymcaquebec.org

"I felt very
ENCOURAGED"

—Lise

"I feel
APPRECIATED
for what I do"

—Daniel

Switching roles

Daniel didn't always have an easy life. A regular on the streets, he often had a hard time taking care of himself. Then, one day, a community worker from the La Cheminée Program came to the forecourt of the church he hung around looking for day labourers.

La Cheminée is a warming station at the Saint-Roch YMCA and mainly serves people experiencing homelessness in the neighbourhood. Daniel immediately felt at home, even helping out by serving coffee and snacks in exchange for a small daily salary. And as the days passed, he realized he wasn't just a great listener but also had a profound desire to help and was developing

useful skills through his contact with the community workers. These skills were so useful in fact that when the time came to hire an additional person, the choice was obvious. Today, Daniel is officially a YMCA employee and continues to lend an ear, and serve a hot bowl of soup, to the clients who come in!

As he has said himself, his life may have veered off course, but thanks to the Y, it seems to be back on the right track!

▶ Watch his story:
communities.ymcaquebec.org

Our **COMMUNITY's** response to the growing needs brought on by the pandemic has been **EXTRAORDINARY**. More aware than ever of the Y's community-based mission, members of our extended family donated in record amounts, particularly to the COVID-19 Action Fund, created specifically to meet the urgent needs in the neighbourhoods we serve. **THANK YOU!**

Giving Tuesday Now

In May 2020, a special edition of **Giving Tuesday** was organized across Canada to raise awareness of the importance of supporting community organization during the crisis.

This was an opportunity not to be missed to promote the impacts of the Y's programs. Our teams swung into action and created a Facebook Live event like never before. A dozen live workshops were offered one after another. They included tips for parents on how to motivate their teens, story time and crafts for little ones, a kickboxing class, and even, a campfire singalong with the Camp YMCA Kanawana team!

Of course, the event mainly aimed to raise money to support all these programs. Thanks to the generosity of our community and the Trottier Family Foundation who doubled donations, we raised \$81,520. A big thank you to everyone who contributed to the success of this initiative!



Sean Day, Regional Camp Director, and his family provided a taste of Kanawana magic on Giving Tuesday Now.

**SPECIAL
THANK
YOU**
to our major
donors

Air Canada Foundation • Bell Let's Talk • Blake, Cassels & Graydon • BLG • BMO Financial Group • Bombardier • Brian Bronfman Family Foundation • CAE • Caisse de dépôt et placement du Québec • Caisse Desjardins de Québec • Canam Group • Claudine and Stephen Bronfman Family Foundation • CN • Cogeco • Cogir Real Estate • Corus Entertainment Inc. • Davies Ward Phillips & Vineberg LLP • Desjardins Insurance • Destination centre-ville • Enterprise Holdings Foundation • Estate of Alfred Fred Muth • Estate of Thérèse Joli-Cœur Couture • Fasken • Fondation Bon départ de Canadian Tire du Québec • Foundation of Greater Montréal • GDI Intergrated Facility Services • Gordon Food Service Canada Ltd. • Groupe Park Avenue • Industrial Alliance • Jewish Community Foundation • KPMG • La Capitale • La Feuille Verte • Louis-Marie Beaulieu, FCPA, FCA, C. Dir. • Louise Beaugard et Richard Payette • Lyne Demontigny • MACH • Manulife • McConnell Foundation • Metro • Montreal Canadiens Children's Foundation • NATIONAL • National Bank • Pay It Forward by Desjardins • Peter & Elizabeth Coughlin • Plan B Games Inc. • Port of Montreal • Power Corporation of Canada • President's Choice Children's Charity • Quebecor • RBC Foundation • RBC Royal Bank • Robin C. Morton • Rogers Communications Inc. • Second Harvest • SSQ Insurance • Stikeman Elliott • Tangerine Bank • TD Bank • The Birks Family Foundation • The Lucie and André Chagnon Foundation • The Molson Foundation • The Organix Foundation • The Trottier Family Foundation • Ubisoft Montreal • Ubisoft Quebec • Stéphane Vaillancourt • Two anonymous donors

YMCA Peace Medals

We all have a role to play to build a more just and harmonious society. For this reason, over the past 33 years, we have honoured the people and companies who tangibly contribute to making this ideal a reality.

Normally a big gala, the 2020 edition of the Peace Medals ceremony was broadcast through digital and media outlets and showcased the incredible work of our laureates.

Through an online auction full of fabulous prizes and a first-ever raffle and thanks to the support of numerous partners, including BMO, BLG, Cogir Real Estate, and Rogers, the 2020 edition of the YMCA Peace Medals raised \$262,457 to support youth and families.

THANK YOU!

Fabrice Vil
Individual for Peace

Lian Boily
Youth Peacemaker

Jean-François Archambault
COVID-19 Hero

Kina8at
Organization for Peace

**Cogeco's Operation
Welcome Home**
Corporate Initiative
for Peace

Fady Dagher
Coup de cœur

Discover their stories:
paix.ymcaquebec.org

LAUREATES

2020 HONORARY LAUREATE
L. Jacques Ménard
C.C., G.O.Q., C.O.M., LLD.

Mr. Ménard's family accepted the 2020 Honorary Peace Medal on his behalf. Mr. Ménard was a great businessman who dedicated his life to giving back to society. For him, student retention was a top priority for Québec, and his leadership inspired public authorities and the business and community sectors to attack the immense school dropout problem in the province.



Statement of operations

For the year ended December 31, 2020

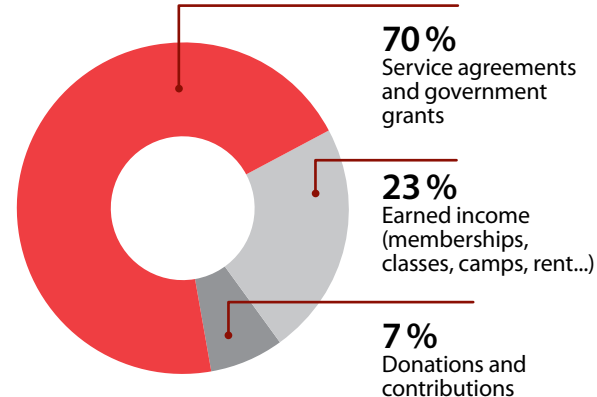
	2020	2019
REVENUE	43,018,600	62,393,782
EXPENSES	40,965,514	58,734,217
EXCESS OF REVENUE OVER EXPENSES BEFORE AMORTIZATION, INTEREST AND FINANCING COSTS	2,053,086	3,659,565
AMORTIZATION, INTEREST AND FINANCING COSTS	(2,113,322)	(2,428,720)
EXCESS OF REVENUE OVER EXPENSES BEFORE EXTRAORDINARY ITEMS	(60,236)	1,230,845
DISPOSAL AND WRITE-OFF OF CAPITAL ASSETS	7,882,056	
EXCESS OF REVENUE OVER EXPENSES	7,821,820	1,230,845

Statement of financial position

As at December 31, 2020

	2020	2019
TOTAL ASSETS	60,756,617	53,652,201
TOTAL LIABILITIES	31,736,985	32,454,389
NET ASSETS	29,019,632	21,197,812
TOTAL LIABILITIES AND NET ASSETS	60,756,617	53,652,201

The YMCAs of Québec 2020 Revenue



The financial statements audited by Deloitte LLP are available at ymcaquebec.org



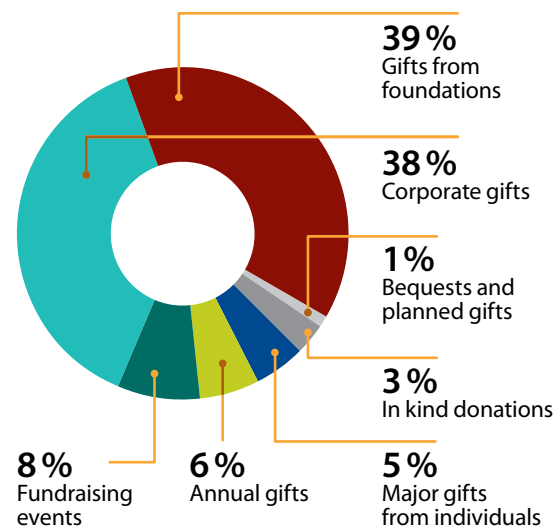
Statement of operations

For the year ended December 31, 2020

	2020	2019
REVENUE	3,187,847	2,936,791
EXPENSES	539,574	889,076
EXCESS OF REVENUE OVER EXPENSES BEFORE CONTRIBUTIONS TO THE YMCAS OF QUÉBEC	2,648,273	2,047,715
CONTRIBUTIONS TO THE YMCAS OF QUÉBEC	(2,642,554)	(1,852,228)
EXCESS OF REVENUE OVER EXPENSES	5,719	195,487

The financial statements audited by Deloitte LLP will be available in June 2021 at ymcaquebec.org

YMCAs of Québec Foundation 2020 Donation Sources



Volunteer Leadership

To inspire each person to become the best version of themselves and actively contribute to their community, we work to create a rich and dynamic community life every day.

Our boards of directors and committees are made up of seasoned volunteer directors who want to give back to their community, and our local advisory boards present an opportunity for members and local organizations to offer their sound advice and contribute to our decision-making processes.

The YMCAs of Québec Board of Directors

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Temple)

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(ABB)

François L. Morin
(Borden Ladner Gervais)

Honorable Louise Otis
(Mediator and Arbitrator)

* Member of the Executive Committee



Online version:



communities.ymcaquebec.org



For more information
or to make a donation:



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