

Strengthening Our Communities, Together:

Your Guide to Exploring a Collaboration with the
YMCA





The YMCA

Brings People together

Let's come together, work together,
and move forward, together!



Doing Better, Together

For nearly 170 years, the YMCA has been bringing people together - to learn and grow, to feel healthy and strong, to make friends and to strengthen communities.

The need for connections and togetherness is more urgent now than ever before - so many of our friends, family members and neighbours are feeling isolated and alone.



Bridging Gaps & Creating New Understanding

The *vision of a healthy, connected and vibrant community* is shared by so many and creating new avenues for these critical connections is the opportunity in front us.

The time is now to embrace those opportunities - to work together to create more spaces and moments for learning, growth and connection.



Your Natural Community Partner

The YMCA is ...

- the largest provider of services directly addressing critical issues such as chronic diseases, social isolation, immigration challenges, gambling addiction, unemployment, and youth and child development.
- an *Imagine Canada* accredited and registered charity.
- *for everyone*; we provide financial assistance to make Y programs and services available and affordable to ensure accessibility *for people of all ages and abilities*.



A key part of our history of impact is working together with like minded community organizations



...And many more!





**Curious
to learn
more?**



Collaboration in ACTION

Changing lives and improving
our communities, together

Y Mind Partnership with Catholic Family Services Simcoe County

- Y Mind is a free seven-week mental wellness program delivered online by trained local Social Workers
- Launched in April 2022
- Served 67 participants in the last 8 months





Y Mind is a safe and welcoming place for youth in our communities to connect with others who have similar experiences. I'm grateful for this unique opportunity to bring greater support to youth.

- Amanda Fellows, Program Manager, Community Development, Catholic Family Services of Simcoe County



Cardiovascular Rehabilitation Program with Georgian Bay Family Health Team

- Support for individuals who have experienced a heart or cardiovascular event, delivered by a Registered Kinesiologist and YMCA staff
- Launched in 2018 at the Collingwood and Wasaga Beach YMCA's
- Served 166 individuals in 2022





Our collaborative program enables the individuals to have the one-on-one support that they need to become familiar with and develop a comfort level with structured exercise and the gym. This often results in individuals continuing on with their new activity habits, long after their rehabilitation program ends.

— Gaynor Edwards, Georgian Bay Family Health Team

Settlement Workers in Schools (SWIS) Partnership with Simcoe County District School Board (SCDSB) and Simcoe Muskoka Catholic District School Board (SMCDSB)

- The SWIS program provides settlement services for newcomer children, youth, and their families
- Launched in February 2022
- Served 538 participants last year





Formalizing our partnership with the YMCA demonstrates our commitment to provide inclusive environments. We want to support all of our SCDSB families with integrating and fully participating in our school communities. The SWIS program will be a key part of ensuring that newcomer students and their families receive that support.

— John Dance, SCDSB Director of Education





Let's make it HAPPEN

Together we can innovate and
reach more people



**Curious
about how
we might
work
together?**



“

On our own, we may have a slightly limited effect, but together, we're this powerful force. We can draw on each other's resources, knowledge, and expertise to create this really beautiful package that we can then present to the community in terms of partnerships.

”

— *Tedi Brash, Program & Outreach Librarian, Barrie Public Library*

Let's Make It Happen

Reach out today if you or your organization would like to work together to continue to build vibrant, connected communities.

Contact:

hello@sm.ymca.ca

And, if you're interested in learning more about the YMCA of Simcoe/Muskoka, check out our website:

ymcaofsimcoemuskoka.ca





There's so much MORE

From fitness offerings and high-quality licensed child care to memorable camp experiences for your family or children and support for newcomers to Canada, the YMCA is here to help.

Our Mission and Vision

Our Mission

What is our purpose?

We are community-building charity that connects people to each other and to experiences designed to build health and strength, skills and confidence, and opportunities for exploration and growth.

Our Vision

What do we want to achieve?

Vibrant and connected communities where everyone belongs.



Our Values

Kindness | We are friendly, caring, and committed to cultivating relationships built on compassion.

Integrity | We are honest, trustworthy, and take responsibility for our decisions and actions.

Inclusiveness | We embrace diversity and strive to create places, programs, and experiences where everyone belongs.

Respect | We believe in each other – our strengths, perspectives, and passions.

Optimism | We approach things with an open mind, an emphasis on happiness, and are inspired by the potential of all people.



In the Community, by the Community

The YMCA of Simcoe/Muskoka is proud to serve our friends, family and neighbours from across the region by working together with staff, volunteers and donors who call this community home.

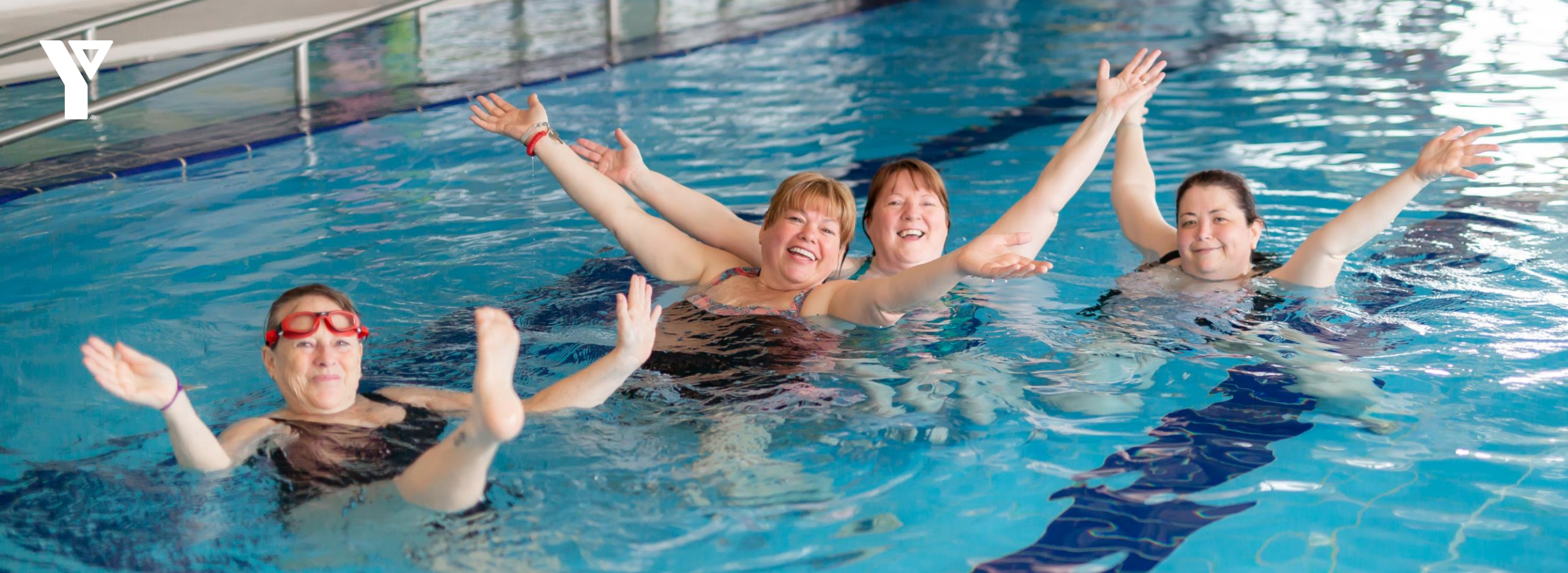
- In 2022, over 20,000 individuals in communities across Simcoe, Muskoka, and the District of Parry Sound were served by the YMCA
- 1,000+ dedicated employees deliver vital programs and services
- 130+ committed and enthusiastic volunteers give thousands of hours each year
- Donors made it possible to provide over \$500,000 in financial assistance to individuals and families to participate in summer camps and health, fitness, and aquatics programs in 2022.



Serving More Than 20,000 People Across Simcoe, Muskoka, & Parry Sound



<p>Health, Fitness & Aquatics Barrie Collingwood Gravenhurst Innisfil Midland Wasaga beach</p>	<p>Child Care <i>64 Locations in:</i> Alliston Angus Barrie Bradford Coldwater Collingwood/South Georgian Shores Elmvale Innisfil Midland/North Simcoe Orillia & Areas Parry Sound & Area Tottenham Victoria Harbour Wasaga Beach</p>	<p>Day Camp Alliston Barrie Bradford Collingwood Gravenhurst Innisfil Midland Orillia Parry Sound Wasaga Beach</p>	<p>Employment & Learning Services Gravenhurst/Bracebridge Huntsville Midland Parry Sound</p>
<p>Association Office Innisfil</p>	<p>Youth Services Barrie Simcoe County Orillia</p>	<p>Overnight Camp YMCA Camp Kitchikewana</p>	<p>Immigrant Services Barrie Simcoe County</p>



Learn more about how *you* can connect
with the YMCA of Simcoe/Muskoka today:
[YMCAofSimcoeMuskoka.ca](https://www.ymcaofsimcoemuskoka.ca)



Thank You!

