

gather . elevate . activate

YAK *Youth Services*

Responsive to the changing needs of our
youth and our greater community.



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Est 1996
Incorporated
1999
Registered
Charity 2002



A Message from our Executive Director

We have made some transformative changes within our organization to reflect the uncertain times, but also to be more responsive and inclusive to our community and the youth we serve. Two years ago, we began focusing our efforts towards stabilizing the financial health and sustainability of the organization, as well as develop and provide best practices in all that we do. Our approach, detailed in our 2019-2023 Strategic Business Plan, concentrates our efforts to be more effective and increase our reach, while staying true to our mission and organizational values. We also highlighted the need for operational excellence to assist us in ensuring high quality services while we continue to grow.

A high number of youth and their families were served by our organization over this past year, we created an array of innovative outreach programs and support services in order to better serve and engage our youth population.

Most significantly, our new focus aligned us into looking for and exploring social enterprises. We have paired up with Opportunity Group and The Focus Company and have explored two separate local businesses and continue to run feasibility studies to ensure we are reviewing all options before committing.

This year has been difficult on so many levels, but our team and board stayed true to supporting our youth and the programs that were developed had tremendous impacts as outlined in this report.

We are at an exciting threshold for our organization and are truly thankful for the generous support we receive from our partners and donors. Together, we are well on the road to fulfilling our vision to be responsive to the changing needs of our youth and the greater community, and this year might be the best example of this than any other.

Sincerely,

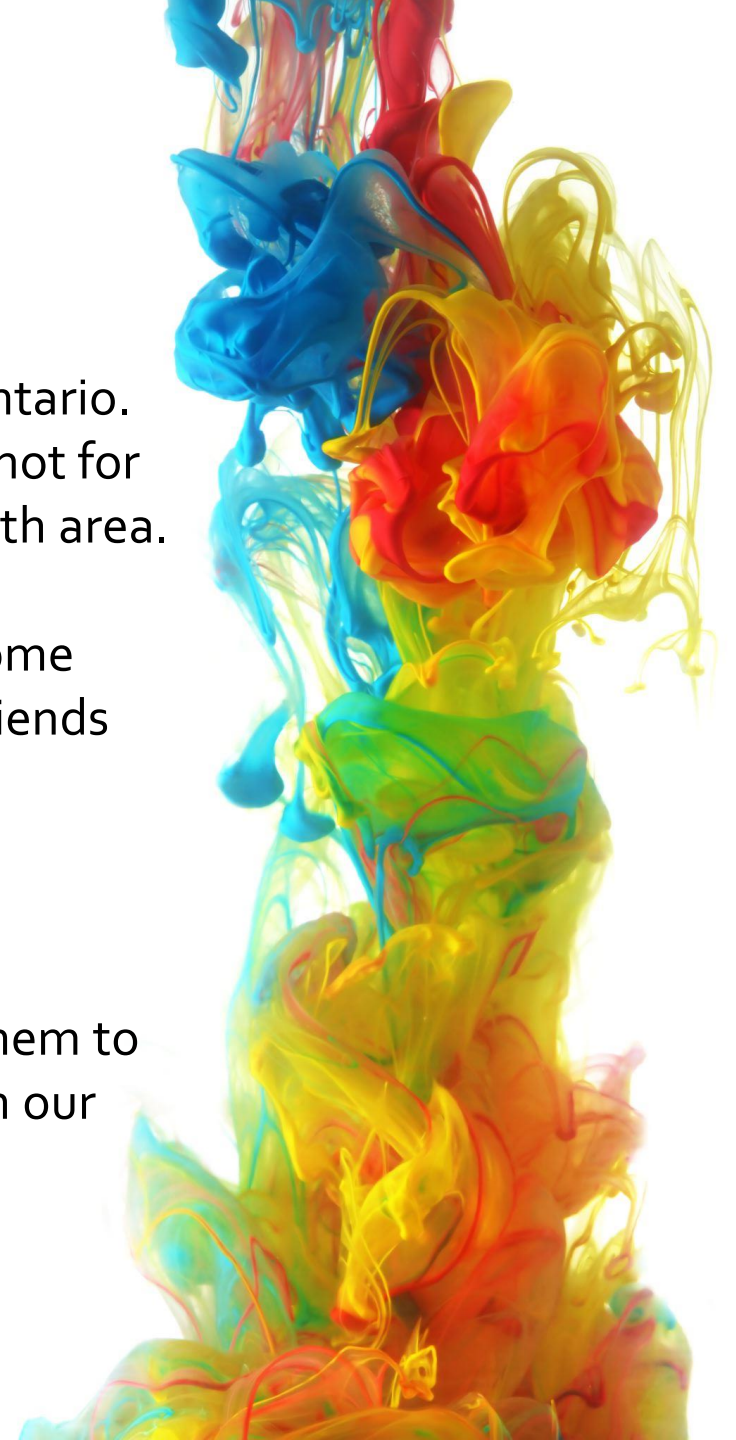
Organization Background

Founded in 1996 – one of the longest standing youth centres in all of Ontario. [Y]outh [A]ction [K]Committee of Perth and District Inc. is a charitable not for profit organization and the leading provider of youth services in the Perth area.

“The YAK youth centre began out of the desire from local youth to become more engaged in their community, have a place to safely gather with friends and learn new skills.”

These sentiments continue to be our focus.

YAK strives to bring youth together, elevate skills, all while activating them to take part in new opportunities, and develop positive relationship within our local community.



Annual Report 2020-2021

» Vision:

YAK is a youth centre that is responsive to the changing needs of our youth and our community.

» Mission Statement:

YAK is committed to promoting and facilitating youth attachment to society and community, increasing developmental opportunities for youth and promoting their well being, ameliorating risk-factors and providing protective conditions for youth “at-risk” and promoting public awareness of youth issues.

» Principles:

- To operate with integrity, honesty, truthfulness and conscience.
- To safeguard the public trust.
- To demonstrate concern for the interest of those affected by its actions.
- Treat all people with dignity and respect.
- Value privacy and freedom of choice.
- Foster cultural diversity and equality.
- Adhere to the spirit and letter of applicable laws and regulation.

Board of Directors:

Lana March, Chair
Michele Quigg, Vice-Chair
Nathan O’Neil, Secretary
Paul Cockburn, Treasurer
Lynn McIntyre, Director
Kathryn Noonan, Director
Gilbert Rossignol, Director
Lauren Graff, Director



Operational Highlights

- » COVID forced a shift in our programming to offer online activities, members of our team also joined the KidsHelp Phone, and we created a safe online space for local youth to gather virtually; but the program that kept us the busiest throughout this reporting period were home deliveries of food, toiletries and activity kits.
- » We drastically increased our food and nutrition program: sending out weekly or bi-weekly packages to youth and their families.
- » New Partnerships formed, resulting in an expansion of programs and resources.
- » Lanark County Youth Centres underwent a formal internal and external review; a blueprint for a Shared Future was written.
- » YAK began exploring social enterprises – a Business Plan and Feasibility study have been written for two local business ideas– the first proved to be ill-advised due to the pandemic, steep financial overhead with no guarantee of a return. We are now exploring the second further.

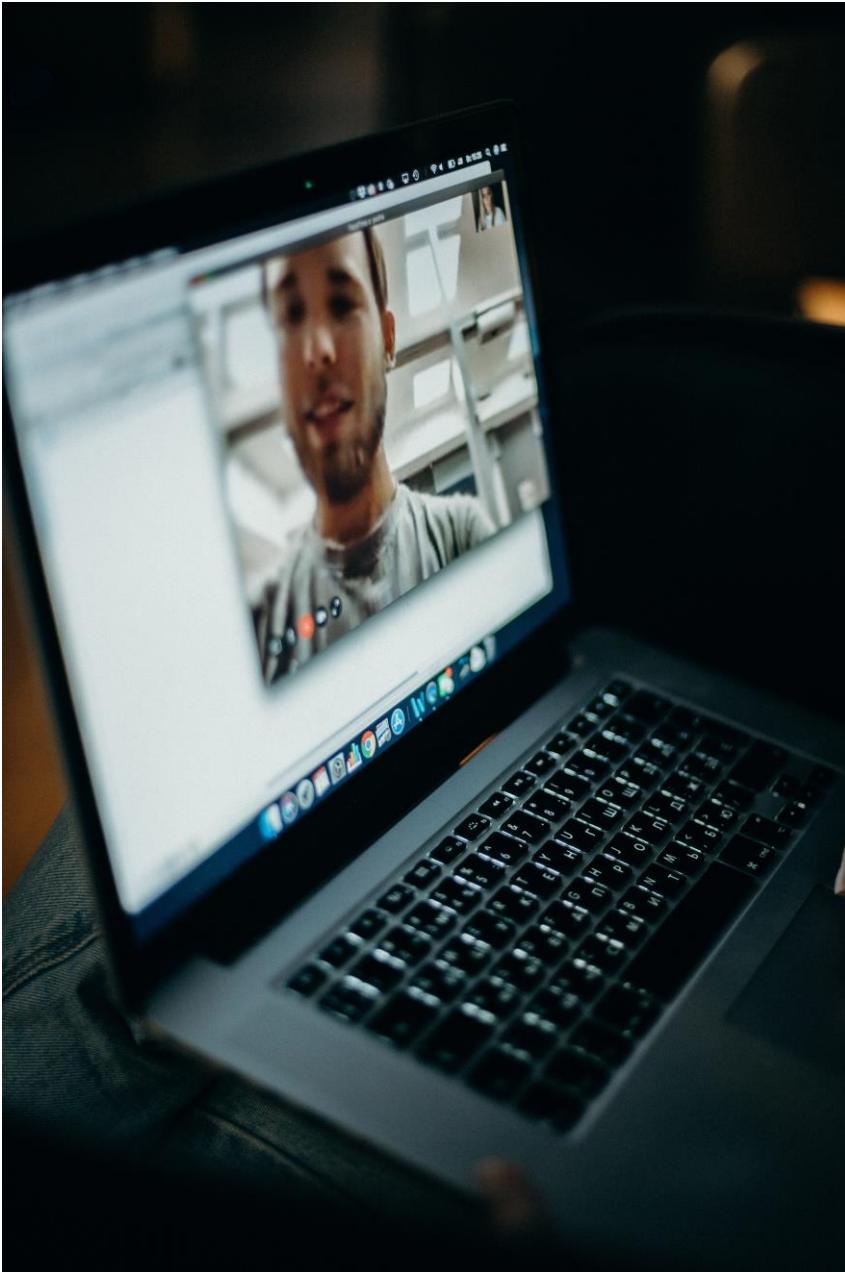




COVID-19

YAK response efforts

- “In Centre” Programs stopped: March 17-June 16 ; December 26-January 29; March 17-April 12
- New “Outreach” Programs started:
 - Food and Care Package Deliveries
 - Kids Help Phone Crisis Text Line
 - Weekly Zoom Rooms and online activities
- Resource Sharing with other organizations in Lanark County
- Outdoor Programs (with limited numbers).The local Health Unit allowed us to reopen during provincial lockdowns for outdoor programming



COVID-19 Response con't

Kids Help Phone – answered 2100 local texts between April-June

- » Suicidal ideations
- » Boredom
- » Fights with parents

Weekly Zoom Rooms

- » 6-8 youth
- » “this is helping with my mental health”- I.S. 16

Joint local youth centre's Online Events

- » Calendar sample next page

JANUARY 2021

STAFFED ZOOM PROGRAMS!

TO VIEW AN ONLINE VERSION OF THIS CALENDAR, PLEASE CLICK HERE:
[HTTP://YAKYOUTH.CA/EVENTS/](http://YAKYOUTH.CA/EVENTS/)

TO REGISTER FOR PROGRAMS IN:

Blue - WAK

heidi.mcneely@bigbrothersbigsisters.ca
or 613-283-0570

Green - LHYC

lhyci@storm.ca or 613-259-2012

Red - MMYC

programcoordinator@mmyc.ca
or 613-256-5959

Pink - YAK

yakstaff@gmail.com or 613-264-8381

Purple - CORE

coordinator@cpyouthcentre.org
or 613-257-8901

SAT/SUN

MON

TUE

WED

THU

FRI

FOR MORE DETAILS OR TO REGISTER FOR AN EVENT:
CLICK ON THE EVENT YOU ARE INTERESTED IN OR CONTACT THE HOST

2/3

4 Online Challenge
'Riddle me This'
Virtual Fitness Hour
Online Games Club
Lab Rats:
Science Program
D&D Online Club

5 Virtual Fitness Hour
From Us to You:
Online Cooking
Online Games Club
Baking Night

6 Virtual Fitness Hour
Made by You-th'
Disney Trivia
Online Games Club
Young Chefs
Cooking with CORE

7 Virtual Fitness Hour
Online Games Club
Art Corner!

8 Virtual Fitness Hour
Online Games Club
The Weekend Kick Off!
Virtual Games
Game Night!

9/10

11 Online Challenge
'Name that Movie'
Virtual Fitness Hour
Lab Rats:
Science Program

12 Virtual Fitness Hour
From Us to You:
Online Cooking
Baking Night

13 Virtual Fitness Hour
Made by You-th'
Connected Together
'Jack Box'
Young Chefs
Cooking with CORE

14 Virtual Fitness Hour
Art Corner!

15 Virtual Fitness Hour
The Weekend Kick Off!
Game Night!

16/17

18 Online Challenge
'Funny Photo'
Virtual Fitness Hour
Lab Rats:
Science Program
D&D Online Club

19 Virtual Fitness Hour
From Us to You:
Online Cooking
Baking Night

20 Virtual Fitness Hour
Made by You-th'
Connected Together
'Body Image'
Young Chefs
Cooking with CORE

21 Virtual Fitness Hour
Hip Hop Dance
Art Corner!

22 Virtual Fitness Hour
The Weekend Kick Off!
Game Night!

23/24

25 Online Challenge
'Cooking Skills'
Gender and Sexual
Diversity Session

26 From Us to You:
Online Cooking
Baking Night

27 Made by You-th'
Connected Together
'Don't Forget the Lyrics'
Young Chefs
Cooking with CORE

28

29 The Weekend Kick Off!
Game Night!

BROUGHT TO YOU BY THE LANARK COUNTY YOUTH CENTRE COALITION. PROJECT FUNDED THROUGH UNITED WAY EAST ONTARIO, FROM THE GOVERNMENT OF CANADA.




United Way
East Ontario



COVID-19 Response: Safety Checks



- » During the last year, we understood the importance of keeping our local youth in sight and have done several check ins over the last 12 months both online and face to face.
- » Without our regular interactions with our youth participants, we became anxious to know how they were doing, that they were safe and fairing well mentally during this trialing time. We acted as a point of contact for them and attempted to stay connected throughout the pandemic.



YAK Youth Services Presents:

Virtual Homework Help

English, History, Social Studies, Science and more!

1-on-1 or group tutoring
Free to youth 12-18
Assignment help, test preparation, and efficient study habits

For more information:
yakstaff@gmail.com
613-264-8381



YAK YOUTH SERVICES PRESENTS:

CHEF AT HOME

LEARN DIFFERENT RECIPES EACH WEEK FROM A TRAINED PROFESSIONAL CHEF

INGREDIENTS DELIVERED RIGHT TO YOUR DOOR

COOK TOGETHER OVER ZOOM AND ENJOY GREAT FOOD

FOR MORE INFORMATION, CONTACT:
YAKSTAFF@GMAIL.COM & 613-264-8381

YAK Youth Services Presents

Learn to Play Guitar

1-on-1 Virtual Lessons
Great for Beginners or Intermediate

Book your sessions by email:
yakstaff@gmail.com




Post-Secondary learning can be a big adjustment. We're here to help!

YAK Youth Services Presents:

Virtual Post-Secondary Prep

1-on-1 or group classes
Free to all youth 18 and under
Study skills, time management and goal setting.

For more information:
yakstaff@gmail.com
613-264-8381



YAK YOUTH SERVICES PRESENTS

VIRTUAL LEADERSHIP & PUBLIC SPEAKING

Gain skills necessary to enhance your presentations, conquer the fear of public speaking, and learn how different leadership styles and roles serve different purposes.

1-ON-1 OR GROUP CLASSES
FREE TO ALL YOUTH 12-18

For more information:
yakstaff@gmail.com
6132648381-



Sylvia's 4th Line Florals

presents

FLOWER THERAPY

Together Sylvia's 4th Line Florals has partnered with YAK to create and bring floral arrangements with encouraging notes to local Long Term Care Homes.

CONTACT:
YAKSTAFF@GMAIL.COM
613-264-8381



YAK YOUTH SERVICES PRESENTS




VIRTUAL HEALTH AND FITNESS

1-ON-1 OR GROUP CLASSES
NO EXPERIENCE REQUIRED
FREE TO ALL YOUTH 12-18

NEW EXERCISES, TAILORED WORKOUT PROGRAMS, ADVISE ON HEALTHY NUTRITION, AND MORE!

CONTACT US FOR MORE INFORMATION
YAKSTAFF@GMAIL.COM, 613-264-8381



VIRTUAL CHESS CLUB

1-on-1 lessons or games

No experience required. Beginners are welcome!

Free to all youth 12-18

For more information:
yakstaff@gmail.com
613-264-8381

YAK'S OUTDOOR RECREATION PROGRAMMING

personal best challenge club

In order to comply with the province-wide shutdown our in-person programs have shifted to outside exercises with a limit of 5.

To sign up for a timeslot contact us
yakstaff@gmail.com



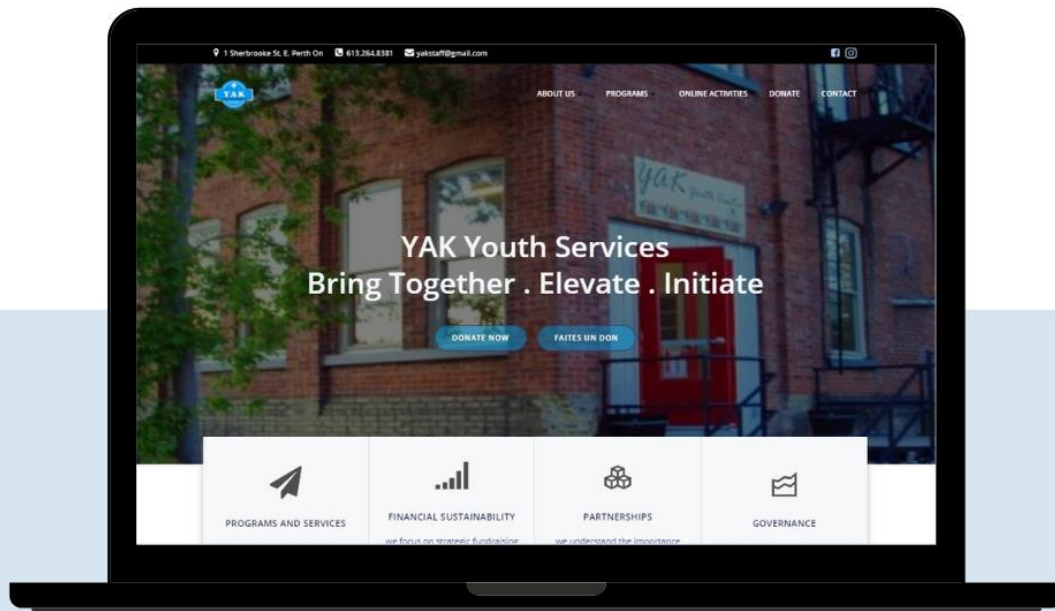
COVID-19 Response: Virtual Programs

Offered by YAK over the past year:

- » Fitness Hour
- » Chess Club
- » Guitar Lessons
- » Escape Rooms
- » Chef at Home – cooking classes
- » Zoom homework and assignment help
- » Gaming Hour
- » Workshops:
 - overcoming the fear of public speaking,
 - leadership styles,
 - post-secondary preparations

New Website

Did you know that YAK turns 25 this year? Did you know we have a professional actress on our staff team? That our ED grew up in Perth? Or that we have the best board members in all of Lanark County? Learn all of this and more...



WWW.YAKYOUTH.CA

New Website Launched



Our website has been revamped. It is now easier to navigate, contains more pertinent information, and provides an excellent touch point for our community to engage and to find out what's happening.

Food & Nutrition Program (last 12 months)



Allison Graham, Food and
Nutrition Coordinator

We initiated the delivery program and meal pick ups at the beginning of the pandemic. Some months, as many as **2700** meals were given out by our centre. In the last 12 months combined, [Y]outh[A]ction [K]Committee has given out **22, 142** individual meals to Perth youth and their families.

Food and Care Package Recipient Testimonies:

Food and Care packages contained – premade meals (ie. family sized lasagnas), toiletries (laundry soap, toilet paper, shampoo, etc), journals, fresh produce, and sometimes gift cards.

"I want to express a huge thank you for all that you guys have done for us in these hard times." – package recipient

"I would like to take a moment and thank YAK for everything that they have done for the community families. Pretty much every week they help families with their groceries or hygiene items. With the way that our year has gone with this Covid19 pandemic it has been rough for a lot of families. Each week I am so grateful for these deliveries as it has been tough due to my health and I can't easily get out all of the time. I want to say from the bottom of my heart to the staff at YAK, thank you for all that you do and all the support for the families of our community. You guys rock!!!" – package recipient

"Oh my goodness, thank you. You guys are the best. You know how to make a person cry with happiness. Again, thank you ever ever so much, as this lifts a lot off my shoulders" – package recipient



YAK at PAC – Youth Fitness Hour

Daily fitness hour: In-person and virtually offered throughout the past year.

Our main coordinator is trained in Sports Management and offers personalized training modules for our participants along with weekly fitness group goals and activities for all youth to take part in.

This was one of our most popular programs; most participants were male, average age of 15.



YAK @ PAC YOUTH HOUR

**MONDAY -
FRIDAY**
**2:15PM -
3:15PM**

A full hour devoted to youth ages 12-18
No registration fee, youth can attend for free!
No prior experience required
A wide variety of gym and fitness equipment for use
Supervised by YAK staff

Bring indoor shoes, a water bottle and get ready to have fun!

www.yakyouth.ca - yakstaff@gmail.com

Fitness Hour Con't

After the great start we had in the early Autumn, the program only grew in popularity and excitement. By the end of 2020, it had grown into our most popular program. The youth brought unbridled enthusiasm each and every day which helped create an amazing energy for all participants and staff.

In accordance with the province-wide lockdown, YAK began 2021 virtually. This necessitated some changes to the fitness program. Not being in a gym and not having access to our normal equipment meant we would have to plan a very different fitness program while still having fun.

We were up to the challenge and started with a great fitness game built on learning and perfecting bodyweight exercises. We used a deck of cards, each one with a different exercise on it. Each day we shuffled the deck and tried a new and exciting fitness challenge. Zach S (16) says, "I like all of the new exercises that I've learned." It was inspiring to see the youth take new challenges and sometimes work outside of their comfort zones. It was also inspiring to see that some youth are even signing up for their own gym memberships, making health and fitness a more integrated part of their lives.

Ryan S (17) liked the experience, "I like the daily and weekly challenges and working towards a goal." We're very excited to see what health and fitness goals our youth and staff are able to continue through this program.



Flower Therapy

Flowers for Long Term Care Homes



- » “We are the youth in town and we want you to know how much we are thinking of you – we hope you enjoy these flowers and it reminds you that we are here for you and we wish you good health and wellbeing”
- » “I hope this brightens your day. We know this past year has been long, hard and challenging, so we appreciate your hard work through all of this and your dedication to the people in your care”

Flower Therapy Program

We got creative during this last year and began pulling out innovative ways to engage our local youth while giving back to our community. One of our program highlights we recently offered, was our flower therapy program.

We asked youth to take a quick online tutorial on how to arrange flowers, created by one of our local flower farmers, and then we delivered to them 3 to 4 buckets of flowers and vases for them to create arrangements.

These arrangements were then taken to 5 of our local Long Term Care Homes for staff and residents, accompanied by encouraging notes written by staff and youth participants.

Each LT Home received approximately 20 vases – that filled their common areas; the youth participants received volunteer hours, and our staff team's hearts were filled to the brim. It was a win-win for all involved.



On the Horizon - Looking Forward

We are now designing all our programs to be able to shift back and forth from virtual to in-person as required by the health unit. We are also looking at continuing the home delivery component moving forward, as well as similar initiatives to the flower therapy program - where we find ways of supporting our local long term care homes while offering high school students volunteer hours.

Over the last year, we have been required to adapt all our programs and be able to move them to a virtual platform with very little notice, and we have been able to do that successfully. Our most successful transition from in-person to virtual has been our one-hour fitness program. Our main headquarters is down the hall from an Athletic Centre that we rent out to run a youth fitness hour with our in-house sport management facilitators. This hour takes place as soon as the school day is complete - whether in-person or virtual. When the gyms are open, the youth gather together to learn new skills and healthy fitness habits; but when the gyms are closed we require the youth participants to log in together over our zoom link. Success was shown through attendance - a good percentage of the youth who were attending in-person came to our online classes and stayed for the duration of the program. We also noticed that when the gym reopened our regular participants came back and brought friends.

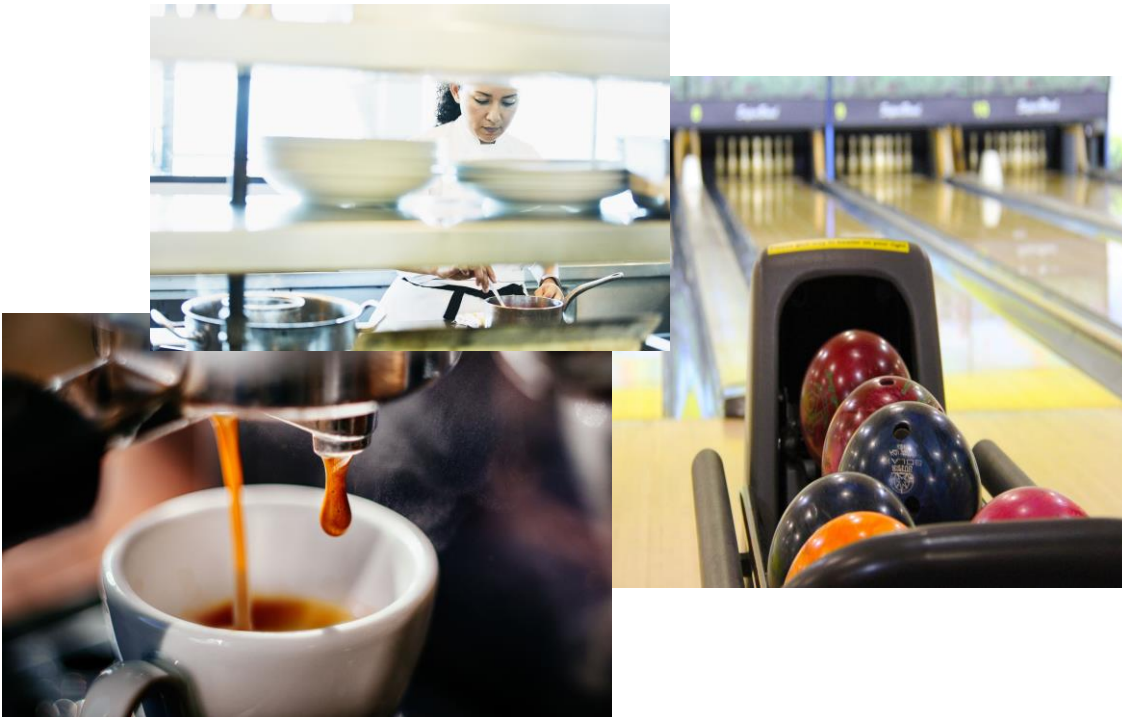
To reiterate, over this past year, we have proven to be able to shift between online and in-person programs offering similar content through both platforms. We also proved we could be adaptive, community-minded and creative in our offerings.

On the horizon

Social Enterprise Exploration

» Business Operators

- Business Plan/Feasibility Study complete for three possible Social Enterprises:
 - coffee shop, bowling alley, food truck
 - social enterprise coaching and training



Collaborative Services

» Lanark County Youth Centres (5)

- All centres are working with consultant J.Wells
- Internal and external review
- Report: [Blueprint towards] A Shared Future LCYC



The secret to our success:

- » Board of Directors
- » Passion for supporting local youth
- » Strategic Partnerships
 - The Table
 - Second Harvest
 - Perth Children's House
 - Lanark County Community Justice
 - Lanark County Youth Centre Coalition
- » Team Mentality
 - Open and honest communication
 - We focus on goals and results
 - Everyone contributes freely and fairly



Financial Summary

Excerpts from Cross Street Audit:

The financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations.

The Youth Action Kommittee of Perth and District Inc. is incorporated under the Provincial Society's Act as a charitable organization and is a registered charity under the Income Tax Act.

- Revenue: \$249,453
- Operating Expenses: \$243, 095
- Unrestricted Net Asset: \$29,178
- Restricted Investment: \$45,621
- Investment in Capital: \$19,724

»The organization is dependent on government contributions for a significant portion of its revenue. The organization works with government agencies to deliver essential community programming and the organization is prepared to change or diversify operations as government priorities change, provided the changes meet the mandate of the organization.

»The organization follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received.

»The organization subsequently measures all its financial assets and liabilities, with the exception of restricted investments, at cost or amortized cost. Restricted investments are measured at fair value when available.

YOUTH ACTION KOMMITTEE INC.

1 SHERBROOKE ST.E. PERTH, ONTARIO

WEEKLY
MOVIES,
REGULAR DROP
IN, REGISTERED
ASP,
EMPLOYMENT
READINESS,
LIFE SKILLS
AND SOCIAL
ISSUE
WORKSHOPS,
PEER
COUNSELLING,
ADVOCACY AND
REFERRALS



ESTABLISHED
1996

INCORPORATED
1999

REGISTERED
CHARITY
2002

ACTIVE
EDUCATIONAL
FUN
POSITIVE ROLE
MODELS
ACCEPTANCE
ENCOURAGEMENT



BRING TOGETHER. ELEVATE. ACTIVATE

• A SAFE SPACE FOR LOCAL YOUTH 12-18 •

website: yakyouth.ca social media: @yakyouthservices

Thank You to Our donors

YAK wants to thank all our amazing donors that helped us continue to serve the youth in Perth and Lanark County throughout 2020. YAK is funded by: Government of Canada, Ontario Ministry of HSCTI, Lanark County, Town of Perth, United Way of Eastern Ontario, Perth and District Community Foundation, Rotary and Lions Club of Perth & Tay Valley and Drummond North Elmsley Townships. Additionally, we want to thank all the individual donors that helped support YAK through the past year. Your continued support allows us to keep providing a safe and positive space for the youth in our community.

