

A young girl with glasses and red braids is smiling. She is wearing a light-colored hoodie. In the background, other people are visible, some sitting on the floor. A large white bucket is also present.

YOUTH HQ

2019 ANNUAL REPORT

EMPOWERING OUR YOUTH, TOGETHER

In 2019, Youth HQ continued to act on its mission to “empower children and youth to develop confidence and skills for life through knowledge, healthy relationships and quality experiences”. We would not be able to achieve this without the generosity of our community, and the many organizations and individuals who give so much of themselves to help us achieve our mission in communities across central Alberta. Though the year was not without challenges, our cornerstone events are highlights of support and spirit - events that just would not happen without an incredible group of sponsors and volunteers!

- Zed Haunted House - 29 years in and still going strong, proving that youth can be scary... in a good way!
- The BIG Pursuit - Red Deer's most amazing race had a great sophomore year, and we look forward to many more ways to discover central Alberta together.
- Kinsmen Slo-Pitch Tournament - We're incredibly thankful to our friends for continuing on the tradition of this summer weekend tournament and for making us the charity of choice.
- Orange Door Project - Once again, our 49th Street Youth Shelter was the recipient of funds from The Home Depot Foundation's Orange Door Project, supporting our outreach program and youth in crisis locally.
- Rally for Kids - In its inaugural year, this OHV event not only promoted Camp Alexo but raised funds with a whole lot of fun had by all attendees. A great success!
- Weekend Warriors - Camp Alexo is a highlight of our programming and would not exist without this annual retreat, where volunteers and contributors make sure our facilities are in tip-top shape to provide the best experience for our campers every year.

Thank you to our community for your ongoing support. Thank you to our staff and our dedicated volunteers who bring these events together and make magic happen. And last and most of all, thank you to the youth who continually provide us the inspiration to create programs that ignite the potential for our community to thrive.

Randy Nicholls, Board Chair

Dawn Flanagan, Program Director

QUICK STATS:

Over **21,000** volunteer hours given
to Youth HQ by **810** volunteers

2,200
YOUTH served in **12**
communities

23% of campers at Camp Alexo
attended in 2019 for the **FIRST TIME**

OUR MISSION:

Empower children and youth to develop confidence and skills for life through knowledge, healthy relationships, and quality experiences.

OUR VISION:

Children and youth discover and achieve their aspirations, and are healthy, successful, and contribute to society.

BOARD OF DIRECTORS:

Randy Nicholls, Chair
Dee Peterson, Secretary
Doug Evans, Director
Sadia Khan, Director

Theresa Stevens, Vice-Chair
Chris Deeth, Treasurer
Danielle Towne, Director
Heidy Panameno, Director

PARTNERS IN OUR POTENTIAL

CORE FUNDERS:

Alberta Children's Services • Innisfail FCSS
Red Deer & District FCSS • United Way Central Alberta

PARTNERS (\$10,000+):

Border Paving Ltd. • Boys and Girls Clubs of Canada • Go Auto
Government of Alberta (Community Initiatives Program) • Government of Canada (Canada Summer Jobs Program)
Howard Webster Foundation • Jays Care Foundation • Jim Pattison Broadcast Group / BIG 105
Kinsmen Club of Red Deer • President's Choice Children's Charity • Ptarmigan Foundation
Rogers Communication Education Program • Rotary Clubs of Central Alberta • Royal LePage Network
SERVUS Credit Union • SHAW Birdies for Kids • Sunbelt Rentals • TELUS
The Home Depot Canada Foundation • Zed 98.9

SUPPORTERS (\$5,000+):

Appollo Landscaping Ltd. • B&R Sand and Gravel • Canadian Tire Jump Start • Celgene
City of Red Deer (Recreational Enhancement Program) • Cooper Roofing • CrossRoads Church • Jerry VanSomeron • Old Navy
Red Deer & District Community Foundation • Red Deer Catholic Regional Schools • Red Deer County • RONA
Rotary Club of Red Deer • Rotary Club of Red Deer Sunrise • Scotiabank • Tim Hortons • Town of Innisfail • West Jet Cares for Kids

FRIENDS (\$1,000+):

Alberta Hotel & Lodging Assn. • Cam Clark Ford • Canem Systems Ltd. • Carstar Red Deer • Central Alberta Young Guns Golf Foundation • COPA Flight 92
Earls Kitchen & Bar • Everygreen Energy Tank Rentals • Gaetz Memorial United Church • Gerry Hodgson • G-Force Graphics • Herc Equipment Rental
JK Electric • Joe Yamniuk • Karen Murphy • KCB Cabinets and Renovations • Kipp Scott GMC Cadillac Buick • Les Waite • Masonic Foundation of Alberta
Masonic Foundation of Central Alberta • Melcor Developments • Michael Hansen • Morguard/Parkland Mall • Nordegg Community Association
Nordegg Volunteer Fire Rescue • NOVA Days of Caring • Prairie Bus Lines • Radisson Hotel • Red Deer Firefighters Children's Charity
Red Deer Optimist Club • Red Deer Rebels • Roundline Transport • Royal Canadian Legion • Save-On Foods • Sharon Comstock • Shunda Creek Contracting
Sound Travels • Spirit Halloween • The Canadian Brewhouse • The Coverall Shop • True-Line Contracting • Victor Walls • Walking Eagle Inn & Lodge
Warren Sinclair LLP • Waste-Co West Country Pump and Filtration Ltd • Wheeler's Bicycle Repair • WOW Productions



Boys & Girls Club of Red Deer & District

2019 SNAPSHOT:

- 91 volunteers
- Over 800 youth served
- 12 communities in central Alberta served

WHAT OUR PROGRAMS DO:

Boys & Girls Club programming tackles relevant social issues, encourages and empowers children and youth, helping set them on path for success. Programming pillars include healthy active living, learning and career development, leadership and youth engagement, scholarship opportunities, and more.

WHAT OUR COMMUNITY IS SAYING:

"He has gotten so many opportunities to do so many things he wouldn't have. Positive time after-school, weekend trips like skiing, leadership retreats, and he went on the David Thompson Cycling trip. (He) always wants to attend because of the people. The social interactions have been very positive and helped him come out of his shell and be more outgoing. The more he attends, the more he wants to get involved." - Guardian

"Our students really appreciate the Spirit Seekers program. I think it's a phenomenal opportunity for cultural learning for all interested students. It is very inclusive, hands on and engaging. We have had nothing but positive comments from any of our participants." - Kelly Freriks, Vice Principal Eastview Middle School

"BGC is an amazing, supportive, caring place for me and my family. Their staff are truly the best in the world! Without BGC, I don't know where I would be. It has shaped my character for the better." - James, Keystone member & BGCC National Youth Council member





Big Brothers Big Sisters

OF RED DEER AND DISTRICT

WHAT OUR PROGRAMS DO:

Mentoring relationships change young people's lives. With training and professional support, our mentors form strong positive relationships with their mentees that express care, challenge growth, share power, and expand possibilities. Programming is proven to strengthen mental health and wellbeing, social emotional competence, educational engagement, and job readiness.

2019 SNAPSHOT:

- 235 volunteers
- 133 In-School Mentors (Teen Mentoring Program)
- 31 In-School Mentors (Adult Mentors)
- 61 Community Based 1-on-1 Matches
- 5 Couples Matches

WHAT OUR MENTORS AND MENTEES ARE SAYING:

"I don't need to be self conscious. I can smile more and I am happier." - Mentee

"The volunteer work I do here has helped me feel a sense of belonging."
- Teen Mentor

"I've learned a lot. Most importantly, I've learned to trust people which I used to struggle with." - Mentee

100% of participants agreed that as a result of their mentor, mentees felt better about themselves.





49th Street Youth Shelter

ABOUT THE 49TH STREET YOUTH SHELTER:

The 49th Street Youth Shelter offers youth in crisis a safe place to stay, with supportive staff who can help them get pointed in the right direction. Safety of youth is our number one priority, and we provide support youth need to move into a better situation. Whether experiencing homelessness, facing abuse, addiction, neglect, loss, mental health concerns, or other problems, we want to help.

24 hours a day, 7 days a week, any day of the year.

2019 SNAPSHOT:

- 351 total admissions
- 96 individuals admitted to the Shelter
- 21 individuals accessed Youth in Transition supports
- 16 individuals accessed Young Adults in Transition supports
- 44 families accessed outreach supports
- 36 youth accessed outreach supports
- 564 youth served
- As a result of outreach supports, 20 initial admissions as well as 5 re-admissions to the Shelter were averted.

OUR IMPACT:

Leah has been connected to the 49th Street Youth Shelter since May 2016 and the Youth and Young Adult in Transition Program since October 2019. Since October she has resided in a room and board situation, and transitioned to a home where she has her own basement area with a shared kitchen. It is closer to her school, where she is very connected to her school counselors and actively participates in after-school activities such as track and field. Her grades and attendance continue to be in the above average to honors range. She is also attending counselling through CASASC and is working towards completing a drivers training program in order to obtain her drivers license. She is a great role model and example of how one can soar when given wings to fly!



ABOUT CAMP ALEXO:

We believe an outdoor wilderness environment offers unique opportunities to grow and develop young minds. Campers enjoy a vast array of new experiences, learn lifelong skills, discover new interests, and make new friends. Camp Alexo is accessible to all children and youth, with an emphasis on those from families who are economically disadvantaged.



2019 SNAPSHOT:

- 105 volunteers
- 484 campers attended 8 camps (7 summer, 1 winter)
- 93% occupancy rate
- 100% of Campership Subsidy requests funded
- Camp Alexo saw 3,124 total users throughout 2019

WHAT OUR FAMILIES SAY:

"My grandson has been involved in Camp programs for 8 years. He has learned a lot about being independent. The camp has been a part of this development. He has had the chance to try so many new outdoor activities and it has transferred into doing these activities at home which help him stay active. As a parent, I don't know what I would do without Camp Alexo. It gives him opportunities to lead and learn during a time when he could be getting into trouble. And we can always work out getting him out to Camp Alexo even when money is tight, the agency is accommodating and helpful."

- Guardian/Grandparent

YOUTH HQ

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YouthHQ.ca



We are proud to showcase images of the youth we serve.

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