



2022 Annual Report



O-YA in 2022

About O-YA

The Mission of the Osgoode Youth Association is to enrich the quality of life for youth in Grades 2 - 12 in rural south Ottawa. We are dedicated to harnessing our community to deliver a rich variety of programs aimed at social recreation, skill building, leadership, mental health, healthy relationships, physical activity and culture; supporting young people in their development as successful, independent and involved citizens. Proud to offer:

Before School Program (*Grades 1 - 6*)

After School Homework Club (*Grades 2 - 6*)

Day Camps (*Grades 2 - 6*)

Teen Drop In & Teen Programs (*Grades 7 - 12*)

Prism; for LGBTQ2SIA+ and Allies (*Grades 7 - 12*)

Teen Leadership & Youth Advisory Committee (*Grades 7 - 12*)

Community Events (*All ages*)

Founding member of ROYMHC (*Rural Ottawa Youth Mental Health Collective; ruralottawayouth.ca*)

Partner Agencies & Networks

- The City of Ottawa
- United Way Ottawa
- CHEO's Youth Net
- CHEO's Kids Come First Health Team
- The Ottawa Child & Youth Initiative (OCYI) & The Critical Hours Task Group
- Rural Issues Committee (RIC)
- NROCRC (Nepean, Rideau and Osgoode Community Resource Centre)
- WOCRC (Western Ottawa Community Resource Centre)
- Orleans-Cumberland Community Resource Centre
- Pinecrest-Queensway Community Health Centre
- South Nepean Satellite Community Health Centre
- YOMA (Youth of Manotick Association)
- ROYMHC (Rural Ottawa Youth Mental Health Collective)
- OVCA (Osgoode Village Community Association)
- Ottawa City Councillor George Darouze
- MPP Goldie Ghamari
- Ottawa Public Health
- Community Development Framework (CDF)
- Ottawa Community Foundation
- Vibration Studios
- Ottawa Police Service

Who is O-YA?

Board of Directors

O-YA is governed by a volunteer Board of Directors. In 2022, O-YA's Board of Directors included: Jeff Griesbach (Board Chair), Leah Hostetler (Treasurer), Steve Johnson (Director), Lynne Whitehead (Director) and Michelle Colford (Secretary) .

Executive Director

O-YA's Executive Director is Nicole McKerracher. Nicole has been O-YA's Executive Director since March of 2011, and employed at O-YA since 2008. She lives in Osgoode with her husband, 2 teenage sons and rescue German Shepherds Georgia & Nala. Nicole is a graduate of Simon Fraser University with a Psychology major / Criminology Minor and a graduate of the Loyalist College of Arts & Technology's Advertising program. Before coming to O-YA, Nicole was Creative Director of *they integrated* in Belleville, Ontario for 10 years.

Program Manager

Carley Scharf has been employed as a Youth Worker at O-YA since 2011, and was a loyal participant and volunteer for years before that! Carley lives in Winchester with her fiancée and dog Jaxon (a regular visitor at O-YA!). In 2022, Carley also worked on an Osgoode Community Development Framework project for NROCRC (Nepean, Rideau, Osgoode Community Resource Centre).

Youth Workers

The face, heart, soul and personality of O-YA are our fantastic Youth Workers! In 2022, O-YA employed 6 young adults as Youth Workers: Lindsay Adams, Emily Dozois, Joe Nesrallah, Alice Nesrallah, Jenna Baker and Ryan Jaquemet.

Annual Report Photography

All of the amazing photographs in O-YA's 2022 Annual Report were taken by Youth Worker Emily Dozois, owner of Emily Dozois Photography.



Volunteers & Participants



Community Volunteers

In 2022, O-YA was very grateful for the time and talents of **54 volunteers** who contributed **1,982 volunteer hours**

Who Comes to O-YA?

In 2022, **1,338 unique individuals** visited O-YA. Specifically, O-YA had:

- 22 unique participants registered in our Before School program & After School Homework Club
- 39 unique participants attended our Day Programs; such as PD Day, Summer Camp and Winter Break
- 167 participants attended our Teen Programs
- 81 participants attended our Jr. Teen Programs
- 32 participants attended our Learn to Run Program
- 351 participants attended our 'Goode Run event
- 300 participants attended our Summer Block Party (*estimate*)
- 346 participants attended our Haunted Trail event

Funding for O-YA

O-YA's 2022 Financials

In 2022, The Osgoode Youth Association had a total income of \$359,632 and total expenses of \$325,411. O-YA's surplus of \$34,221 is due to a generous one time community donation in 2022, and will become part of O-YA's cash buffer; covering approximately 3 - 4 months of operating expenses.

O-YA's 2022 Income:

- **City of Ottawa** (*Sustainability Community Funding; \$75,000, Renewable Recreation Funding; \$39,150, Rural Community Building Grant; \$2,600 & Councillor Darouze Ad Package; \$800*); **\$117,550**
- **Community Donations; \$79,114**
- **O-YA's Revenue Generating Programs; \$64,692**
- **'Goode Run; \$19,359**
- **Ontario Ministry of Tourism, Culture & Sport** (*After School Homework Club*); **\$17,600**
- **Innoweave** (*ROYMHC; Rural Ottawa Youth Mental Health Collective*); **\$16,741**
- **United Way** (*After School Club funding*); **\$15,000**
- **EDSC** (*Canada Summer Jobs*); **\$14,101**
- **Ottawa Community Foundation** (*Indigenous Village*); **\$7,700**
- **Bell Let's Talk; \$5,000**
- **O-YA Centre Rentals; \$2,100**
- **Capital Pride; \$675**

O-YA's 2022 Expenses:

- **Staffing; \$221,641**
- **Program Supplies; \$39,072**
- **ROYMHC Launch Grant; \$23,206**
- **Financial Services; \$11,696**
- **Technology; \$10,409**
- **Renovation and depreciation; \$8,390**
- **Fundraising, volunteer reward & Marketing; \$6,857**
- **Insurance & Cleaning; \$4,140**



O-YA 2022 Programs & Events

Programs for Youth in Grades 2 - 6

Before School Program

Daily during the school year from 6:30 am - bus pick up; In person (when possible)

After School Homework Club

(Funded in part by the Ministry of Heritage, Sport, Tourism and Culture Industries & United Way EO)

Daily during the school year from 2:45 pm - 5:30 pm. In Person (when possible)

A welcoming and engaging atmosphere, with a healthy snack every day, lots of opportunity for outdoor play and physical activity, supervised homework time and plenty of play with friends, Youth Workers and volunteer high school students. O-YA's program also includes healthy food choices and nutrition education, wellness and personal health education (group reading, art, crafts, bullying prevention, building self-esteem and more). O-YA's After School Homework Club champions the Ottawa Child & Youth Initiatives 3 Pillars of quality After School programs of: safe spaces, skill building and positive relationships.

Day Camps

PA Days (January, October & June) and Summer Camp (1 week in each of July and August); In person

Outdoor play, physical activity, group games, crafts, cooking, free time, themed activities and much more.

Summer Programs for Jr. Teens

July & August 2022

In the summer of 2022, O-YA hosted Jr. Teen Drop In on Wednesdays from 3 pm - 8 pm. Each of those Drop In events had a theme such as paint nights, games day, water fight, bike day and campfire evening.

Virtual Jr. Chef

July & August 2022

Each week, O-YA Youth Workers packed up the ingredients necessary for many delicious creation and participants picked up their kits from O-YA. Then, participants met on Zoom from their own kitchens and baked / cooked together! Recipes included: Snack Size Mini Pizzas with homemade sauce, Strawberry Oatmeal Bars, Beef Quesadillas, Cinnamon & Sugar Applesauce Muffins and Spaghetti & Meatballs.

LEGO Club

November & December 2022

LEGO club for youth in Grades 4 - 8 was an idea brought to us by O-YA friend and participant Wyatt McClenahan. Each week Wyatt and his mom supplied LEGO for everyone to build. LEGO club was a chance for kids who love LEGO, or are looking to learn more about LEGO to come together and have fun! This is a for-youth-by-youth program which meant the program featured youth-led and activities decided on by participants. This included YouTube tutorials of specific Lego building activities, LEGO building challenges, free play and more!

O-YA Programs & Events Cont.

Jr. Teen Drop In Board Games Night

December 2022

O-YA was fortunate to purchase several brand new board games for our Teen program games cupboard in December. On December 28, we hosted a Board Games night to test out the games and share some fun game snacks.

Programs for Youth in Grades 7 - 12

Youth Mental Health Counsellor

(In partnership with Nepean, Rideau, Osgoode Community Resource Centre; NROCRC)

Through a grant from United Way, NROCRC was able to hire a youth mental health counsellor to serve youth ages 12 - 18 in NROCRC's rural catchment area. Our counsellor sees youth in person in O-YA's dedicated youth counselling room.

Youth Advisory Committee

(In partnership with NROCRC & Community Development Framework; CDF)

In 2022 O-YA's YAC had over 25 members in grades 7 - 12 who contributed more than 700 hours of volunteer time towards hosting community events! O-YA's YAC provides rural youth the opportunity to be involved in their community and make a difference. In 2022 O-YA's YAC hosted the Hype Squad at the Goode Run, The Summer Block Party, Haunted Trail and helped with events at Christmas in the Village.

Teen Drop In

Tuesdays and Thursdays (5:30 pm - 9 pm) and Fridays (5:30 pm - 10 pm)

A safe and welcoming space for local teens to relax, meet friends, socialize and benefit from the mentorship of O-YA Youth Workers. At Teen Drop In, you enjoy free snacks and drinks, play computer games, board games, karaoke, have outdoor time, watch movies or just hang out.

Baking Party

January, February & March, 2022

Each week, O-YA Youth Workers packed up the ingredients necessary for many delicious creations and participants picked up their kits from O-YA on Monday evenings. Then, participants met on Zoom from their own kitchens and baked together! Recipes included: Coffee Cake Muffins, Carrot Cake, Oatmeal Cream Pies, Scones 3 Ways (Cheddar, Bacon and Chive, Chocolate Chunk and Lemon Blueberry), Strawberry Love Notes, Snickerdoodle Cookies, Oatmeal Chocolate Chip Muffins, Apple Crumble and M&M Cookie Bars.

16 x 16

January, February & March, 2022

16 x 16 taught youth to make 8 full meals by the time they're 16. In this version, teens made enough dinner each week for the whole family! 16 x 16 was inspired (and developed with permission) by Ottawa's Dr. Yoni Freedhoff and his wife who conduct a similar program at home for their own kids. Each week, O-YA Youth Workers packed up the ingredients necessary for a delicious creation and participants picked up their kits from O-YA on Monday evenings. Then, participants met on Zoom from their own kitchens and cooked together. Recipes included: Mini Lasagna's & Garlic Knots, Shepherd's Pie & Glazed Carrots, Homemade Mac and Cheese & Brownies, Turkey Chili & Homemade Buns, French Toast & Fruit Salad, Spaghetti & Meatballs, Quesadillas & Bean Salad and Sticky Garlic Chicken & Mashed Potatoes.



O-YA Programs & Events Cont.

Indigenous Village

May & June 2022 (funded by Ottawa Community Foundation)

O-YA received funding from Ottawa Community Foundation to host another incredible cultural program called Indigenous Village. Indigenous Village taught rural Ottawa youth about 6 different aspects of Indigenous culture. The goal of this program was to collaborate with local Indigenous community partners to teach youth about the resilience and diversity of Indigenous cultures and histories. Indigenous Village was a 6 week program where participants learned about different parts of Indigenous culture taught by indigenous people. Workshop topics included Indigenous song, medicine pouches, tea & bannock by the fire, making corn husk dolls, creating dream catchers, drum painting and attending the Indigenous Summer Solstice Festival.

Summer Programs for Teens

July & August 2022

In the summer of 2022, O-YA hosted Teen Drop In on Tuesdays (3 pm - 9 pm), Thursdays (5 pm - 9 pm) and Fridays (3 pm - 10 pm). Each of those Drop In events had themes such as cookie making, paint nights, make your own pizza, BYOD (bring your own dog), games day, campfire evening, movie & popcorn bar, bike day and sundae bar.

Teen Leadership Camp

August 2022

We were SO excited to announce the return of O-YA's in person Teen Leadership Camp in 2022! O-YA hosted a week of event planning, team building, group challenges, learning opportunities, workshops and more! Leadership Camp is one of O-YA participants' most loved programs of the year. Teens gained valuable leadership skills and learn a lot - all while having an AWESOME summery time!

Prism; Capital Pride Event

August 26, 2022 (funded by Ottawa Capital Pride)

2SLGBTQ+ and allies were invited for a fun night of pride themed food, activities and special guest Drag Queen Holli Cow. Pride decorations, interactive event stations, treats, a cool signature drink, live entertainment and a Photo Booth Mini Session (including a keepsake photo!). Ottawa's own Drag Queen Holli Cow spent the evening with us featuring a Drag Show and Drag BINGO. Participants were encouraged to dress up to attend! Our theme was 'Pride Through the Ages' - pick any moment in time and dress to celebrate Pride at that time. O-YA would like to thank Capital Pride for their funding contribution to O-YA's Prism event as part of the Community Project Fund.

Prism

October, November & December 2022 (funded by Bell Let's Talk)

Prism is a program for LGBTQ2SIA+ and allies to have a safe space in their community to discuss specific LGBTQ2SIA+ topics and meet other youth. Prism took place on the 1st & 3rd Wednesday of October, November & December for youth in Grades 7 - 12. Program topics included: Personal Pizzas, Understanding Pronouns & Cupcake Decorating, Charcuterie Boards & Canvas Painting, Holiday Party. Prism continue until June 2023. Thank you to #BellLetsTalk for funding this initiative!



O-YA Programs & Events Cont.

Community Programs & Events

Rural Ottawa Youth Mental Health Collective (ROYMHC)

(funded by Innoweave Youth CI)

Concerns have been raised that youth in rural Ottawa are facing a serious gap in accessible and consistent mental health support, education and service. In order to address these issues, and founded by O-YA, a group of rural Ottawa youth serving agencies are undertaking a Collective Impact project. This group is the Rural Ottawa Youth Mental Health Collective. The Collective's intended long term impact is that: By 2024, 30% of rural Ottawa youth get the mental health support they need. The target population for our project is youth (ages 12 – 24) living in Ottawa's 26 rural villages and their circle of care. You can learn more about the ROYMHC by visiting www.ruralottawayouth.ca or on Instagram and Facebook @ruralottawayouth.

Learn to Run

March - May 2022

Learn to Run was for those new to running and people who want to get back into running (adults and youth ages 19+). Learn to Run was a fundraiser for the Osgoode Youth Association (O-YA). All of our instructors were volunteers, and there were no associated program costs, so 100% of registration fees went directly to running O-YA's amazing programs for local youth! Learn to Run was hosted by community volunteers (and seasoned runners) Linda Panich Langlois, Mary Blaney, Meaghan Baker and Jessie Cullen. Hosts each shared running tips from their own experience, but their focus was on warm up, stretches, strides, and actually running. All participants Learn to Run had exclusive access to the Beginner Run Club Facebook Group. This 'members only' Group was be a space to share weekly program updates, encouragement, tips and some fun!

The 'Goode Run

May 14, 2022

In 2022, the 'Goode Run celebrated our 10th anniversary! Note: our actual 10th anniversary was in 2021, but due to COVID, we postponed celebrations until 2022. Our run was an amazing success! We had a fantastic day, and were thrilled with everything about the 2022 'Goode Run. The run hosted 169 runners / walkers in the 2K and 182 runners in the 5K for a total of 351 participants. The 'Goode Run raised almost \$20,000 for O-YA.

Summer Block Party

June 11, 2022

Planned and managed by O-YA's YAC, the Summer Block Party was an all ages community event held outdoors at O-YA. Attractions included Outdoor Laser Tag, City of Ottawa Recreation Team, Henna Tattoos, Caricature Artist, Hair Braiding, Baking Contest, Little Ray's Reptiles, Entertainment Stage, Kevin Smith Magic, Hockey Shootout, Kona Shave Ice Truck, Councillor Darouze Free BBQ and Sidewalk Chalk Art. In 2022, The Summer Block Party was hosted in conjunction with the OVCA (Osgoode Village Community Association) PorchFest.

Haunted Trail

October 2022

Planned and run by O-YA's Youth Advisory Committee, Haunted Trail was a guided spooky walk down Osgoode's Multiuse Pathway (with lots of scary adventures along the way!). Guest's experience will began around a crackling fire bowl on the patio at O-YA. Then, they were led down the trail and into Taylor Park with hair-raising frights and delights along the way.