



2023 Annual Report



O-YA in 2023

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, LGBTQ2SIA+ and allies, healthy relationships, physical activity and culture; supporting young people in their development as successful, independent and involved citizens. O-YA is the founder of the Rural Ottawa Youth Mental Health Collective (ROYMHC); learn more at www.ruralottawayouth.ca.

O-YA is Proud to Offer:

After School Homework Club (Grades 2 - 6)

Day Camps (Grades 2 - 6)

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

In person Youth Mental Health Counselling (Ages 12 - 17)

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

Community Events; Learn to Run, 'Goode Run, Summer Block Party, & Haunted Trail (All ages)

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 2023, O-YA's Board of Directors included: Jeff Griesbach (Board Chair), Leah Hostetler (outgoing Treasurer), Pam Turner (incoming Treasurer), Michelle Colford (Secretary), Erin Baker (Director) and Lyn Rorke (Director)

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 young adult sons and rescue dogs Asha and Stormy. 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. Nicole is the Chair of the Rural Ottawa Youth Mental Health Collective (ROYMHC).

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 husband and dog Jaxon. In 2023, 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 2023, O-YA employed 6 young adults as Youth Workers: Lindsay Adams, Emily Dozois, Joe Nesrallah, Alice Nesrallah, Ryan Jaquemet and Liv Rodger.

Annual Report Photography

Most of the amazing photographs in O-YA's 2023 Annual Report were taken by Youth Worker Emily Dozois, owner of Emily Dozois Photography.



Volunteers & Participants

Community Volunteers

In 2023, O-YA was very grateful for the time and talents of **109 volunteers** who contributed **1,730 volunteer hours**

Who Comes to O-YA?

In 2023, **1,385 unique individuals** visited O-YA. Specifically, O-YA had:

- 7 participants registered in our Before School program
- 25 participants registered in our After School Homework Club
- 43 participants attended our Day Programs; such as PD Day, Summer Camp and Winter Break
- 217 participants attended our Teen Programs
- 57 participants attended our Jr. Teen Programs
- 15 participants attended our Learn to Run Program
- 412 participants attended our 'Goode Run event
- 400 participants attended our Summer Block Party (*estimate*)
- 209 participants attended our Haunted Trail event

Funding for O-YA

O-YA's 2023 Financials

In 2023, The Osgoode Youth Association had a total income of \$299,643 and total expenses of \$290,022. O-YA's surplus of will become part of O-YA's cash buffer to cover operating expenses in the case of emergency.

O-YA's 2023 Income:

- **City of Ottawa; \$120,183**
- **O-YA's Revenue Generating Programs; \$71,550**
- **'Goode Run; \$23,283**
- **Ontario Ministry of Tourism, Culture & Sport**
(After School Homework Club); **\$17,600**
- **United Way** (After School Club funding); **\$15,000**
- **Community Services Recovery Fund; \$11,500**
- **EDSC** (Canada Summer Jobs); **\$9,742**
- **Other; \$8,625**
- **Community Donations; \$8,235**
- **Bell Let's Talk; \$7,000**
- **Ottawa Community Foundation; \$5,200**
- **O-YA Centre Rentals; \$1,725**

O-YA's 2023 Expenses:

- **Staffing; \$216,522**
- **Program Supplies; \$31,076**
- **Financial Services; \$14,620**
- **Fundraising, Supplies, Volunteers & Marketing; \$13,720**
- **Renovation and Depreciation; \$5,921**
- **Technology; \$4,637**
- **Insurance & Cleaning; \$3,526**



O-YA 2023 Programs & Events

Programs for Youth in Grades 2 - 6

Before School Program

Daily during the school year from 6:30 am - bus pick up. This program ran until June 2023, but was canceled for the fall due to low registration. We believe this program was a victim of COVID; many parents are working from home or hybrid working and no longer require care in the mornings.

After School Homework Club

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

Daily during the school year from 2:45 pm - 5:30 pm.

A welcoming and engaging atmosphere, with 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

Winter (first week of January), March Break & Summer (1 week in each of July and August)

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

Summer Programs for Jr. Teens (Grades 5 - 8)

July & August

In the summer of 2023, 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 cookie baking, make your own pizza, water fight, craft corner and campfire.

Jr. Teen Drop In

January 28, 2023

By request, O-YA piloted a 2023 Jr. Teen Drop In program in January. However, as it was not a successful launch, O-YA discontinued Jr. Teen Drop In.

LEGO Club (Grades 4 - 8)

Every other Monday from February - June 2023

LEGO club was an idea brought to us by O-YA friend and participant Wyatt! Each week Wyatt and his mom (O-YA Board Member Lyn Rorke) supplied LEGO for everyone to build. LEGO club was a chance for kids who love LEGO, or were looking to learn more about LEGO to come together and have fun! As a for-youth-by-youth program, the program was youth-led and activities were decided by participants. This included: YouTube tutorials of specific LEGO building activities, LEGO building challenges, free play and more!

O-YA Programs & Events Cont.

Programs for Youth in Grades 7 - 12

Youth Mental Health Counsellor

(In partnership with Nepean, Rideau, Osgoode Community Resource Centre; NROCRC & United Way Eastern Ontario)

NROCRC (Nepean, Rideau, Osgoode Community Resource Centre) received a grant from United Way of Eastern Ontario to continue youth mental health counselling work in their catchment area of Osgoode Ward, Kars and North Gower. Quinn Rivier-Gatt is the youth mental health Counsellor, and we all love her! Quinn works for NROCRC, but takes appointments both virtually and in person at the Osgoode Youth Association (O-YA). Appointments are available for rural youth ages 12 - 17.

Youth Advisory Committee

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

At the start of 2023, O-YA's YAC was suffering from low membership. A lot of our long time YAC members aged out of the program in 2023, and during COVID it was hard to work on succession planning for these youth. In 2023, O-YA was fortunate to receive Community Services Recovery Fund (CSRF), which allowed us to create a reward and incentive program to attract new YAC members. This program worked, and for our Haunted Trail event, O-YA had over 30 YAC members participate. In 2023 O-YA's YAC were the Hype Squad at the 'Goode Run and assisted with our Summer Block Party, Haunted Trail and serving hot chocolate during Osgoode's Parade of Lights on O-YA's patio.

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, youth enjoy free snacks and drinks, play computer games, board games, karaoke, have outdoor time, watch movies or just hang out.

Cultures in the Community

Funded by the Ottawa Community Foundation

O-YA was excited to host local community members while they shared their culture with rural youth! Youth learned about cultures that exist in our community by learning about different foods, customs and more. Event included Councillor Darouze teaching After School Homework Club participants how to make a Lebanese snack platter, a Teen Drop In visit from Northern Youth Abroad and an Indigenous Experiences presentation at Teen Leadership Camp. This program will be continued in 2024.

Prism

Every other Wednesday (5:30 pm - 9 pm) Jan - June & Sept - November

Funded by Bell Let's Talk Community Fund & RBC Foundation

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! Program topics included: Makeup Night & Photo Shoot, Perler Beads, Snack Bar & Macramé, Personal Pizzas & Healthy Relationships, Movie Night, Gender vs Science hosted by the Canadian Centre for Gender and Sexual Diversity, Karaoke, Letting go of Coming Out hosted by the Canadian Centre for Gender and Sexual Diversity, Picnic in the Field & Tie Dye.



O-YA Programs & Events Cont.

Art Therapy Group

Every other Monday (6 pm - 7:30 pm) for 6 weeks starting February 13, 2023

Art Therapy Group was hosted at O-YA by Patricia Cameron BA, DKATI; a professional art therapist registered with the Canadian Art Therapy Association and a registered psychotherapist (qualifying) with the College of Registered Psychotherapists of Ontario and owner of Painted Key Art Therapy.

Rideauwood Presentation on Drug, Alcohol and Addictions Workshop

Thursday, June 15

Presented by Rideauwood Addiction and Family Services. Youth could ask any question(s) they had about drugs, alcohol or addictions anonymously and have them answered at the event by Rideauwood staff. O-YA provided free pizza and ice cream sundaes (because teens and food!).

Summer Teen Drop In

Thursday, June 15

Presented by Rideauwood Addiction and Family Services. Youth could ask any question(s) they had about drugs, alcohol or addictions anonymously and have them answered at the event by Rideauwood staff. O-YA provided free pizza and ice cream sundaes (because teens and food!).

Community Programs & Events

Rural Ottawa Youth Mental Health Collective (ROYMHC)

(funded by Innoweave Youth CI)

O-YA is the founding organization of ROYMHC, and our ED is the Board Chair. The mission of the ROYMHC is to ensure rural Ottawa youth (ages 12 – 24) feel they are getting the mental health support they need or know where to go for help if and when they need to access support. This mission is achieved via a Collective Impact approach (14 local youth serving agencies serve as our Collective) with activities focused on youth education, support network education, communication, community engagement and counselling. The ROYMHC was established in 2018, and came together because we noticed youth in rural Ottawa were not feeling supported with their mental health. The Collective set out to establish how many rural Ottawa youth were feeling supported and what types of programs and services could be offered to help them feel more supported with their mental health. Learn more at www.ruralottawayouth.ca.

Learn to Run

March - May 2023

Learn to Run is part of O-YA's 'Goode Run fundraiser, and is for those who have always wanted to learn to run, but have no idea how to start training and those who are getting back into running and looking to join a weekly group of dedicated runners to help keep you motivated. Learn to Run was hosted by community volunteers (and seasoned runners) Linda Panich Langlois, Meaghan Baker and Mary Blaney. Each week, hosts shared running tips from their own experience, and focused on warm up, stretches, strides - and of course running!



O-YA Programs & Events Cont.

The 'Goode Run

May 14, 2022

The 'Goode Run is O-YA's biggest fundraiser of the year - and a fun community event! The 'Goode Run is a volunteer organized 2K & 5K through Osgoode Village streets and pathways. The Run is supported by O-YA's YAC Hype Squad at Race Central. In 2023, we hosted 412 participants on Race Day, the sun was shining and everyone we saw had a big smile on their face! 'Goode Run 2023 registration surpassed last year by 61 participants! The 2K had 232 participants and the 5K had 180 participants. Thank you to the 'Goode Run volunteer committee of Linda Panich Langlois (Race Director), Meaghan Baker (Co-Director), Matt Nesrallah (Course Logistics), Megan Brooks (Volunteer Manager) and Jess Cullen.

Summer Block Party

June 10, 2023

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, Wild West Photo Booth, Button Making with the Osgoode Library, Baking Contest, Cactus Ring Toss, Digging for Gold, Entertainment Stage, Kevin Smith Magic, Hockey Shootout, Councillor Darouze Free BBQ and Sidewalk Chalk Art. In 2023 The Summer Block Party was hosted in conjunction with the OVCA (Osgoode Village Community Association) PorchFest.

Haunted Trail

October 2023

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 begin 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.