



Getting stronger  
together

**2022 Annual Report**  
**YMCA of Greater Vancouver**



## Letter from Chair and CEO

**Over the course of 2022, togetherness emerged as a key theme for the YMCA of Greater Vancouver. Perhaps that was fitting in a year that saw us chart our new path forward alongside other Ys in British Columbia, enjoy the return of key in-person programming and build upon crucial partnerships to strengthen our communities.**

As the challenges of COVID-19 became more navigable, we were pleased to welcome campers and visitors back to YMCA Camp Elphinstone, aid Lower Mainland municipalities in providing post-pandemic recreation opportunities and continue responding to community needs with a proactive approach.

And with our future unification being at the forefront of our planning and decision-making, it was truly a year that underscored how we are stronger together.

Both of us stepped into our respective leadership roles in 2022 with our YMCA in a position of strength, and with the knowledge that some exciting next steps were on our horizon. While our front-line services and programming remained as strong as ever, plenty of work took place behind the scenes in concert with the YMCA of Northern BC and the Kamloops Community YMCA-YWCA to set the stage for our 2023 launch of YMCA BC. We commend the efforts of our outstanding staff team to prepare for this transition while maintaining the high standards to which our members, program participants and community partners are accustomed.

The Y's presence in the Vancouver area dates back to 1886, the same year the city itself was formally established. Although this marked our final year as the YMCA of Greater Vancouver, it's not the end of an era so much as another key moment in our long history of serving the region. As we look ahead to our new beginning as YMCA BC, we can reflect with pride upon our tremendous, 136-year legacy of helping children and families reach their potential—from the Sunshine Coast to the Fraser Valley and all points in between.

We invite you to look back on our many 2022 successes in the pages of this report, and thank you for your continued support of the YMCA as we serve communities in our province on an even wider scale.



Greg D'Avignon,  
Board Chair

Heidi Worthington,  
President and CEO, YMCA of Greater Vancouver

# Meeting the evolving needs of community

## Providing adults with much-needed mental wellness services.

Mental wellness has always been a key concern for the YMCA, but its importance and the limited availability of related resources and support services were further underscored as our communities emerged from the COVID-19 pandemic. Many people reported experiencing heightened feelings of isolation, anxiety and poor mental health.

There can be multiple barriers for those seeking to address their mental wellbeing, ranging from the cost of receiving care to the stigma that can be associated with mental illness. It's not always easy to reach out for help.

Thankfully, the YMCA of Greater Vancouver was equipped to help members of our communities in need through its suite of Y Mind programming for teens, youth and adults. In 2022, Y Mind Adult in particular saw a surge in demand as people sought to remedy their deteriorating mental wellness.

**"My daily life was rough, as I was struggling with intense physical symptoms due to my anxiety,"**

said Andrea, a Y Mind Adult participant. She was hardly the only one seeking timely assistance.

"I was feeling terrible about myself and life," said David. "I thought I had anxiety, but I knew very little about it and didn't understand how to manage those feelings."

Y Mind Adult is a seven-week program designed to help those aged 31 and older who are struggling with mild to moderate levels of anxiety symptoms, offered free of charge. The sessions are led by trained mental-health professionals, and participants learn evidence-based strategies to help them cope with challenges and connect with others who are experiencing similar thoughts and feelings.

The program was especially helpful in 2022 to many living in the Metro Vancouver area and beyond, as Y Mind Adult's virtual delivery allowed us to welcome participants throughout British Columbia. Most importantly, nearly all participants left the program reporting an improved sense of wellbeing and feeling that they had learned effective strategies to manage their symptoms.

"I am more aware of my anxiety and this experience has taught me that it's OK to have these feelings, and it taught me how to cope with new techniques and tools," said Laura.

Several participants shared that they were pleased to have an opportunity to interact with others and know that they weren't alone in their feelings—especially in the post-pandemic world—while learning best practices to overcome their anxiety.

**"The feeling of connection had been missing," said Jasleen. "The group helped to change my perspective, helped me to feel connected to others, and more whole."**

All of last year's Y Mind Adult program cycles were full, which established a record number of program participants while demonstrating the need for community-level mental-health supports and services. As the YMCA strives to build healthy communities where individuals and families can thrive and achieve their potential, we are proud to offer this impactful, barrier-free programming that is helping many take charge of their mental wellness.

"Mental health tools are difficult for some people to access, and good mental health should not be available only to those who can pay," said Laura. "I would like to thank the YMCA and the program coordinators for always providing a safe and inclusive space for everyone, no matter where they are at."



# 2022 Achievements

After two summer closures due to government health restrictions related to COVID-19, it was a joy to see **YMCA Camp Elphinstone** welcoming back campers for a fantastic season. Between our Overnight, Day and Family Camp programming, we hosted nearly **2,100 campers** who made lasting memories with us on the Sunshine Coast for the first time since 2019. The reopening of Camp Elphinstone also meant the return of private events and school groups engaging in Outdoor Education, and we were thrilled to have more than **5,200 participants from 73 different groups** enjoy our facilities, activities and oceanside setting.

After years of planning, partnership-building, fundraising and construction to bring the **Bettie Allard YMCA** to Coquitlam, we had a tremendous Grand Opening Celebration inside the new centre of community on Nov. 26. The event brought together many **key stakeholders**—including donors, project partners, Y staff, volunteers and other special guests—to mark the centre’s completion a matter of weeks before its official opening in early 2023. We were proud to honour the many individuals and organizations who helped make the Bettie Allard YMCA possible, including the **late Peter A. Allard**, who sadly passed away months earlier but whose remarks about the significance of making a transformational gift towards the facility in honour of his mother were heard by attendees in a video presentation.

Our operations in Chilliwack underwent significant changes in 2022. In late summer, the City of Chilliwack announced that it had selected the Y to manage and operate the municipality’s **Chilliwack Landing and Cheam Leisure Centres**, as well as the outdoor **Rotary Pool**. In the fall, meanwhile, we unveiled a new name for our own local centre of community: the **Bob Chan-Kent Family YMCA**. We are proud that the facility’s name will stand as a tribute to Bob, his wife Linda-Mae, and the entire Chan-Kent family’s generosity and dedication to the Y for generations to come.

The YMCA further **expanded its child care offerings** in the Lower Mainland, Fraser Valley and on the Sunshine Coast in 2022, opening **16 new locations** with collective space for **600 children** in after-school

or early years programming. Half of those new centres are located in Surrey, helping to address the province’s shortage of child care options in one of BC’s fastest-growing communities. We are pleased to offer even more families with assurance that their children are receiving quality care through the YMCA.

We celebrated the **Tong Louie Family YMCA’s 20th anniversary** in September and welcomed the South Surrey community to help us mark the occasion. Special gatherings were held with donors, volunteers and members to acknowledge the milestone, and it was fabulous to hear reflections from so many people about what the facility has meant to them over the past two decades. We were also proud to launch the centre of community’s **YCafe program**, completing renovations to the cafe space in the Tong Louie atrium and helping a new cohort of participants gain skills to work in the food-service industry.

We continued to forge relationships and partnerships with **key government stakeholders** to advocate for the advancement of the YMCA’s mission and continue to have an influence on policy decisions. A key example came in September at the **Union of British Columbia Municipalities Convention** in Whistler, where the Y led a panel discussion on child care, sharing stories about innovative industry partnerships with local governments, school districts, health authorities and more. It was a tremendous opportunity to showcase the YMCA’s expertise on a timely and relevant issue for an audience of elected officials and other government stakeholders.

The YMCA of Greater Vancouver was joined by the YMCA of Northern BC and Kamloops Community YMCA-YWCA in celebrating some key milestones as the three associations made preparations for our 2023 **unification as YMCA BC**. In late January, the boards of all three Ys unanimously supported unification, and our **voting members** and staff did the same in the spring, allowing our teams to create the framework to bring each region together as one. Internal communications with our staff were a key priority throughout 2022, ensuring a singular approach to hit the ground running as a new entity.



# 2022 Highlights



**600**

new child care spaces opened at **16 locations** across the Lower Mainland and Fraser Valley.



**\$868K**

in total financial assistance provided so valued community members could access our YMCA programs and services. **Thank you to our donors for their generosity.**



**469**

**youth received valuable mental health support** and resources through Y Mind.



**16,286**

members served through our centres of community.



**235**

**young people** facing challenges helped by our Alternative Suspension program to **build the strategies needed to return to school.**



**5,857**

children experienced memorable moments at our **summer day and overnight camps** across the Lower Mainland, Fraser Valley and at YMCA Camp Elphinstone on the Sunshine Coast.

# Summary of YMCA Financial Statements

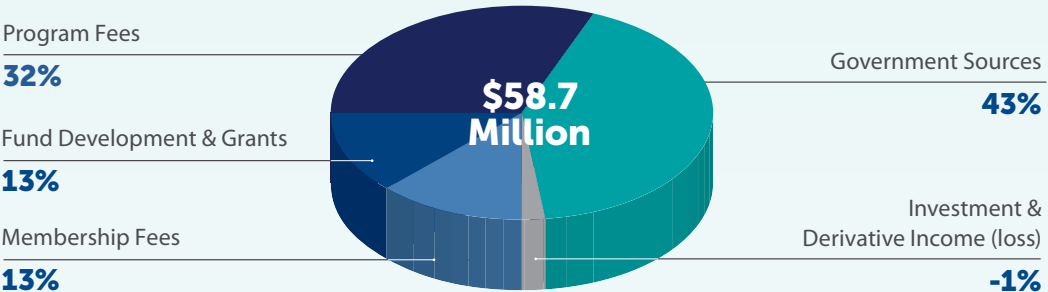
## Years Ended December 31, 2021 and 2022

		<b>2022</b>	<b>2021</b>
		('000)	('000)
		\$	\$
<b>STATEMENT OF FINANCIAL POSITION</b>	Current assets	8,416	7,945
	YMCA facilities under development	22,491	13,757
	Investments	6,792	26,354
	Property and equipment	22,840	24,158
	<b>Total assets</b>	<b>60,539</b>	<b>72,214</b>
	Current liabilities	29,668	24,457
	Long-term liabilities	28,848	27,316
	Net assets	2,023	20,441
	<b>Total liabilities and net assets</b>	<b>60,539</b>	<b>72,214</b>
<b>STATEMENT OF OPERATIONS</b>	<b>Revenue</b>		
	Program fees	18,979	14,432
	Membership fees	7,553	3,388
	Government sources	25,279	25,621
	Fund development & grants	7,347	5,658
	Investment & derivative income (loss)	(413)	2,610
	<b>Total</b>	<b>58,745</b>	<b>51,709</b>
	<b>Expenses</b>		
	Salaries and benefits	37,952	29,094
	Occupancy	11,135	9,385
	Other	11,713	8,211
	Amortization	2,001	2,145
	<b>Total</b>	<b>62,801</b>	<b>48,835</b>
	one-time income (expense)	(635)	-
	<b>(Deficiency) excess of revenue over expenses for the year</b>	<b>(4,691)</b>	<b>2,874</b>

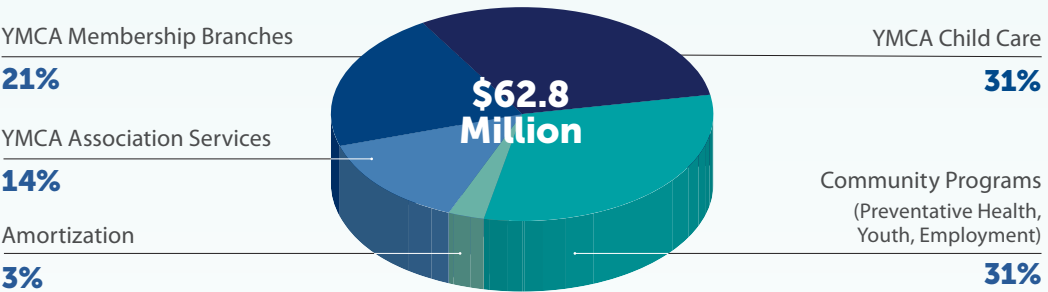
Complete financial statements audited by Ernst & Young LLP, and from which this summary is extracted, are available upon request.

# Revenue and Expenses

## REVENUE FROM OPERATIONS 2022



## EXPENSES FROM OPERATIONS 2022



## 2022 Board of Directors

Greg D'Avignon  
(Chair)

Bob Chan-Kent

Mary Anne Davidson  
(Past-Chair)

David Gaskin

Gavin Hume, K.C.

Melinda McKie

Dr. Graydon Meneilly

Jeanette McPhee

Andre Powell

Houtan Rafii

## Executive Team

Heidi Worthington  
President & CEO

Nancy Farries  
Vice President  
Canada West Regional  
Development Centre

Roy Funk  
Vice President, Properties

Roberta Haas  
Chief Human  
Resources Officer

Darlene Hepburn  
Vice President,  
Fund Development

Joel Kallner  
Chief Financial Officer

Marvin Rogers  
Vice President  
Asset Development

Craig Sheather  
Chief Operating Officer

Signi Solmundson  
Vice President, Marketing,  
Communications &  
Government Relations



**YMCA of Greater Vancouver**

10 – 620 Royal Ave  
New Westminster, BC V3M 1J2

[gv.ymca.ca](http://gv.ymca.ca) | 604.622.4958

Charitable Registration: 803 976 075 RR0001