



NEW LEAF YOGA FOUNDATION ANNUAL REPORT 2013/14



WWW.NEWLEAFYOGA.ORG



LETTER FROM THE DIRECTOR

I often think of New Leaf as the little engine that could. We do a lot on a relatively small budget, our team goes hard, and we have grown from a small, virtually unknown organization to one receiving increasingly more recognition for the impact of our work. Over the years, we have seen a significant shift from having to convince our initial program partner site to give our program a try, to today where we are seeking the necessary support to keep up with the number of requests we receive yearly from schools, facilities and other youth-serving organizations that see the value in what we offer.

This shift is reflective of a change in perspective about what young people are facing and how those challenges can be best worked with. There seems to be a greater acknowledgement that so many youth are over-stressed. For example, a 2012 study completed by the Toronto District School Board

indicated high levels of stress, anxiety and depression amongst youth, and that 97% of respondents sited emotional health as significantly linked to academic achievement. In addition, there is a growing acknowledgement that often to get to the root of stress, anxiety and other mental and emotional health issues, there needs to be a turning inward; time to experience quiet; a chance to cultivate calm and to utilize bodies and breath and minds as resources; an opportunity to find some stillness in the storm and to simply be.

During the fiscal year from September 2013 to August 2014, New Leaf saw an expansion in our school-based programs including an offering for parents/guardians and their children, the launch of an additional drop-in program in Regent Park as well as new programs in 2 youth custody facilities. We connected with community through our first gala event, created a successful Indiegogo campaign that raised over \$22,000 thanks to the support of more than 170 donors, and continued to nurture many community-based collaborations and outreach efforts.

New Leaf is a grassroots organization that was built from personal passion, and it continues to grow and thrive because of the passion of our board of directors, teachers, staff and supporters as well as like-minded and innovative educators and administrators who will climb mountains to support and engage the youth they work with. Most of all, we'd like to thank the hundreds of young people we work with each year who have the courage to try something new, to look inside themselves and to tap into the strength and resiliency that they each possess.

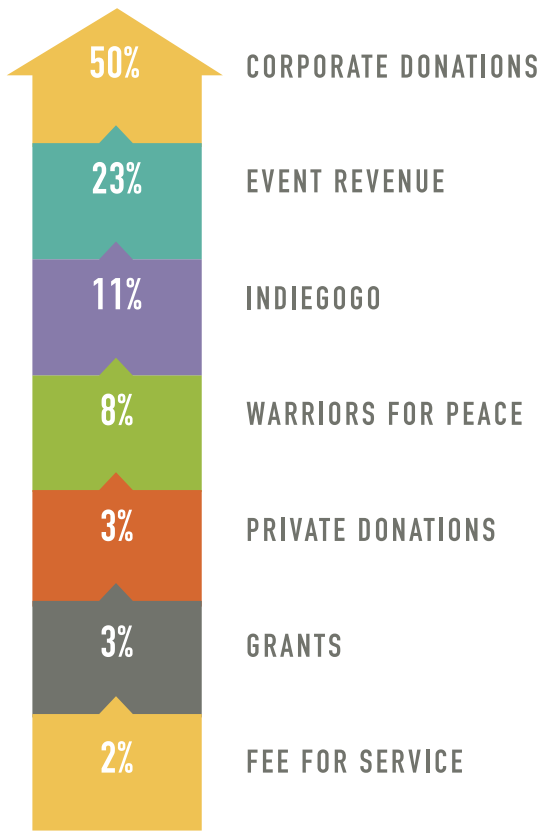
Thank you to our community for being a part of that and for truly making a difference.

With much gratitude,

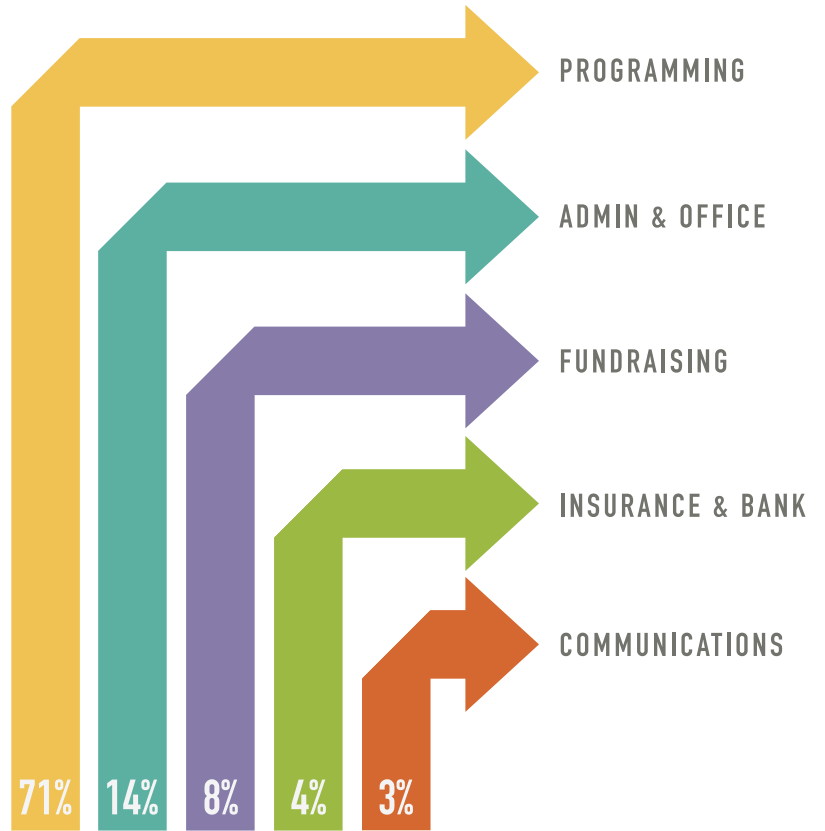
Laura Sygrove

Executive Director

FUNDING BREAKDOWN



REVENUES



EXPENDITURES

\$131,411

TOTAL ANNUAL BUDGET

WHAT YOU'VE MADE POSSIBLE

15
TOTAL
PROJECTS



297
YOUTH
REACHED



YOUTH SAID YOGA HELPED THEM

MANAGE STRESS	80%
WORK WITH ANGER	42%
SLEEP BETTER	35%
WITH CONCENTRATION	24%

HIGHLIGHTS

NEW PROGRAMS

We expanded our projects within TDSB schools to include Bendale BTI, Essex Alternative, and Eastdale Collegiate. We launched Parent & Child Yoga and Free Up in Regent Park, as well as programs at Syl Apps and Sprucedale Youth Centres.

OUTREACH

We offered outreach in collaboration with the Albion Public Library, Boys and Girls Club, and F-You: The Forgiveness Project.

OTHER INITIATIVES

We offered our second yoga for youth workshop, celebrated our 7th anniversary, filmed our first video on New Leaf's work, and hosted an Indiegogo campaign that raised over \$22,000.

WHAT PEOPLE ARE SAYING

"Yoga has impacted me in such a positive way. Before I had anger issues - arguing and getting into trouble both at school and at home. Since doing yoga it's allowed me to release my anger in a more positive way - through the breath . . . I might have the same amount of stress, but I handle it differently now."

- Chris (TDSB student)

"We have noticed that students who have been a part of the group have had greater success with their studies (credit accumulation) and greater success at managing conflict within our building, their homes and their community."

- Wendy Blain, Principal (TDSB)

"When people or staff are making me mad, I do yoga to relax. I would go to class stressed and leave feeling free."

- Youth Participant,
Custody Program

WHERE WE ARE



PREVENTION



SCHOOLS PROGRAMS

We work in schools located in low income regions, "Safe Schools" & "Alternative" programs



INTERVENTION



YOUTH JUSTICE PROGRAMS

We offer programs in open custody sites, alternative sentencing programs, gang-exit initiatives, or secure custody facilities



LONG-TERM



COMMUNITY DROP-IN PROGRAMS

Our long-term support approach involves making yoga available to youth within their own neighbourhoods

PROJECTS

SCHOOLS

Bendale BTI
Eastdale Collegiate
Essex Alternative Program
Lord Dufferin Public School
Market Lane Public School
Nelson Mandela Public School
Parent & Child Yoga

YOUTH JUSTICE

Brookside Youth Centre
Genest Youth Centre
Hope Manor
Roy Mcmurtry Youth Centre
Sprucedale Youth Centre
Syl Apps Youth Centre
St. Leonard's Attendance Centre

COMMUNITY

Free Up Regent Park
Free Up Rexdale

ON THE MAP

In 2013/14, we ran programs in Toronto, London, Cobourg, Waterloo, Brampton, Simcoe, and Oakville. We also shared our best practices in a workshop with 25 teachers in Toronto.

As an innovator of this work in Canada, we're committed to sharing our best practices across the country and making yoga accessible to youth by:

- developing workshops for yoga teachers to share our training tools
- creating online resources sharing teaching tips and best practices
- carrying out and disseminating research

WHAT WE'RE DOING

OUR CLASS MODEL

New Leaf offers mindfulness and yoga-based life skills programs incorporating facilitated group dialogue, mindfulness-based activities and meditation, physical yoga practice, constructive rest, and support for home practice.



WHAT IS MINDFULNESS?

Mindfulness refers to paying attention to and being with our present experiences in a compassionate and kind way.

WHAT IS YOGA?

Yoga includes mindful movement (yoga postures), mindful breathing and core themes that guide all of our programs, such as non-harming.

TRANSFERABLE SKILLS



Transferable skills developed in New Leaf's programs include increased capacity to:

- Notice, identify and be present with feelings and experiences
- Manage challenging emotions and circumstances in positive ways
- Tap into calm and self-soothe
- Respond skillfully rather than automatically react
- Create healthy, positive relationships with our bodies and minds

WHO WE ARE

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YOUTH INTERNS

Arabi Rajaswaran
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Rae-ven Parsons

VOLUNTEERS

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COLLABORATORS

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Moksha Yoga Brooklin

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FINANCIAL STATEMENTS

STATEMENT OF OPERATIONS AND NET ASSETS FOR THE YEAR ENDED AUGUST 31, 2014

REVENUES

Donations	\$116,176
Fundraising	\$40,902
Total Revenues	\$157,078

EXPENDITURES

Advertising, Promotion and Marketing	\$12,297
Bank Charges and Interest	\$2,569
Contract Labour	\$33,385
Insurance	\$3,786
Office Supplies and General	\$2,157
Postage and Delivery	\$605
Professional Fees	\$3,332
Rent and Utilities	\$7,800
Telephone	\$1,633
Travel and Conventions	\$2,269
Wages and Benefits	\$61,578
Total Expenditures	\$131,411

Revenues Over Expenditures for the Period	\$25,667
Net Assets, Beginning of Period	\$24,710
Net Assets, End of Period	\$50,377

Audit completed by Scrimgeour Company, Licensed Public Accountant

