





Mission

The CYC promotes the well-being and seeks to improve the quality of life of residents in Cabbagetown and St. James Town. It does this through the provision of social and recreational programs developed in response to community needs. The CYC serves as a focal point in developing leadership and encourages self-help and mutual aid.



Spiros' message

Since its inception in 1972, the **Cabbagetown Youth Centre (CYC)** has built its programs upon one guiding principle: to provide positive alternatives to the communities it serves through its programs and services. 34 years ago, it started by providing positive alternatives for at-risk youth through recreation. Today, the **CYC** has grown to become much, much more.

The communities we serve are densely-populated. St. James Town, for example, is one of the highest-demand and under-served communities in North America where development of new opportunities is severely compromised. In fact, chances for success in life are seriously limited or non-existent. For many community residents, overcoming day-to-day pressures presents a real challenge and leaves little or no time or resources to look ahead in life or work on improving their quality of life.

That's where **CYC** comes in, working for and with the community itself! **CYC** offers positive alternatives and opportunities by providing barrier-free programs, services and support to children, youth, families and residents who would otherwise not have access and by increasing residents overall chances for success in life while improving the overall quality of life and health of the communities it serves. On the most basic level, **CYC** is a safe and comfortable place for thousands of participants every year to go to socialize, reduce isolation and participate in activities that many of us take for granted.

CYC programs operate at the grass-roots level by providing services and programs that not only support social, sport and skill development, but promote self-confidence, self-esteem and leadership skills, and promote community integration by reducing isolation to build a strong foundation for personal growth and community capacity.

It is not always easy to maintain this level of service-delivery to meet the high demand. However, **CYC** is fortunate to have overwhelming community support from our dedicated volunteers and volunteer development program, in-kind support, community fund-raising initiatives and key community partnerships.

2005 has been a year of great successes!

- In July, **CYC's** Dance Group won first in their category in the International Dance Challenge held in Boston. Members of the dance group, now teens, have participated in the **CYC's** dance component of the After-Four After-School Program since they were children. This competition marked the first time they have traveled to compete outside of Toronto and was a very proud moment in their lives, for the **CYC** and for the community.



Spiros Papathanasakis
Executive Director





Providing Recreation, Skill Development and Community Programs and Services to the Cabbagetown, St. James Town and Regent Park Communities



- **CYC** is seeking funding for a full, year-long Performing Arts Program that will have a significant, positive impact on the lives of children and youth in the communities we serve. The Performing Arts Program will provide the opportunity to promote physical activity and recreational activities to children and youth that would otherwise not be available to them. More specifically, the program will encourage participation by traditionally hard-to-reach children and youth by appealing to them through the program activities. The planned Performing Arts Program will not only offer skill development and recreational enjoyment in the areas of dance, vocal and drama but will offer even greater benefits such as improved self-esteem, communication skills and socialization. Access to improved opportunities and positive alternatives will lead to improved peer involvement and learning as a result of the development of a positive and improved outlook on life.
- As part of the Summer Camp program, **CYC** hosted the **2nd Annual FunZone** event sponsored **KidSport Ontario** in response to the overwhelming, positive response from the community in 2004. The event created a day of recreational activities, sports demonstrations and festivities to promote physical activity and participation for children who may otherwise not have access to this type of experience. The **CYC** is excited about our ongoing partnership with KidSport Ontario whose ongoing support and recognition for the high need of our communities will result in 300 children having access to sports programs in 2006.
- **CYC's** After-Four Program benefitted directly from one of the most successful community fundraising events in **CYC** history. Held during the Cabbagetown Festival every year, Blair's Run Mini-Marathon Foundation raised a record \$29,540!
- **CYC** and the International Charity Association Network (ICAN) launched the **St. James Town Community Computer Centre** at our 240 Wellesley Street location for residents of all ages that provides computer skills training and certification, resume preparation, job skills training and internet access to meet homework, communication and employment needs. In 2006, job placements will also be available through established partnerships.

2005 has positively been a great year thanks to the support of countless volunteers, community members, partners and funders. The **CYC** is busier than ever and will continually strive to touch the lives of hundreds and thousands of people in a positive way to help improve the quality of life and health for every child, youth, family and resident we serve and for the community as a whole.


Spiros Papathanasakis

History

The **Cabbagetown Youth Centre** was formed in 1972 by volunteers to provide social and recreational programs for youth in the eastern inner city core of Toronto. The **CYC** is a private, not-for-profit organization governed by an 11 member board of community residents.

The **CYC** was developed in response to a need for preventative services in a community with one of the highest youth crime rates in Metro Toronto. It has gradually expanded programs from sports to social activities to learning skills, health promotion and vocational development for residents of all ages.

In 1996, a site at 240 Wellesley Street East was developed. It includes classrooms for ESL instruction and computer training, child-care facilities and a large auditorium.

In 1999, the **CYC** redeveloped an old YMCA in the sub-basement of a large apartment building in St. James Town. Since then, recreational, community and skill development programs have been offered at 650 Parliament Street. The site operates at capacity six days a week and is presently straining existing resources.





What We Do

The **CYC** has evolved from a single program to a full range of recreational, social and skill development programs for a diverse, multicultural and constantly changing population.

The **CYC** provides a complete range of recreational, social and skill development programs for ages ranging from pre-school to seniors. Most programs are free of charge. Recreational programs include martial arts, boxercise, indoor soccer, volleyball, basketball and wrestling. Social programs include after-school programs, summer camps, dance and music, a youth club, drug awareness, leadership training, pre-school nursery and parent-child programs. Skill development includes sewing, computer, Basic English and citizenship classes.

While the **CYC** has evolved in response to community needs, it has also been a catalyst for the diverse community it serves. Each program is linked with other services, effectively mobilizing a diverse and evolving community comprised of many different cultural and socio-economic groups. Parenting and Family Literacy Centres function as a gateway to many **CYC** programs as well as to community and social services in general. The focus of programming is on developing local strengths and initiatives and soliciting local residents through volunteer contributions and paid employment to deliver services in the community.



Programs

Programs are designed in response to expressed community needs and ongoing community feedback. The **Cabbagetown Youth Centre** strives for a balance between recreational, skill development and community programs, encouraging participation at an early age with opportunities for ongoing involvement as children, youth, adults and seniors. Many of our programs are run by a community council which sets program objectives, gets the community involved and responds to the needs of the program as they are identified through our internal evaluations.



Recreation	Skill Development	Community
Swimming	Sewing Cooperative	After Four Programs
Wrestling	Computer Training	Youth Programs
Weight Room	Martial Arts	Internet Café
Summer Day Camps	Dance	Parent Child Programs
Yoga	ESL Classes	Drug Awareness
Active Games	Performing Arts	Special Excursions
Team Sports	Summer Camp	Community Event Space
Boxing Club		



Responding to Community Needs



The Cabbagetown Youth Centre provides social, recreational and skill development programming to residents from birth to seniors. **CYC** programming aims to empower children and youth in all areas of their lives, as well as helping to improve the quality of the lives of individuals and families in the community. In addition to the recreational programming, the **CYC** offers skill development and social programs to empower and provide residents with the opportunity to participate in the social and economic life of the community.

Volunteerism plays a key role in the **CYC**'s success. In fact, its positive impact is two-fold! Volunteers are an invaluable resource. Through fundraising, sharing of skills and resources, assistance in renovation projects, service hours and program support, volunteers make many programs possible while also gaining invaluable training and leadership experience. It is through these relationships that the **CYC** not only succeeds in meeting its communities' needs, but also evaluates, at a grass roots level, its changing needs.

Here are just a few examples of the many programs **CYC** is proud to offer in direct response to identified needs:



- **CYC Summer Camp** offers recreational and educational activities to campers in the areas of Sports Leagues, Performing Arts and Excursions and has been commended by the City of Toronto for its high quality and programming. This program gives a summer camp experience to kids who otherwise would not be able to enjoy summer camp.
- **CYC After-Four Programs** provides children with a supervised, supportive and safe environment after school to boost the skills and knowledge gained in the classroom. Programs offer age appropriate social, recreational and educational opportunities that include Homework Club and Tutoring, Literacy Instruction, Skill-Based Athletics, Recreational Free Play, Hands-On Math & Science, Music Instruction, Performing Arts, Nutrition and Computer Training. These programs promote self-esteem, foster peer relationships and provide the environment for positive, social integration.
- **As sponsoring agency for the CAPC programs, CYC** works in partnership with the Toronto District School Board, Hincks-Dellcrest Centres and Public Health to provide community children between the ages of 0-6 years and their caregivers with a variety of educational, recreational and supportive programs and services. The overall goal of the nine programs offered is to encourage the development of the children's social, emotional, cognitive and physical development as well as providing caregivers with useful information about healthy child development, parenting and community resources.
- **CYC Youth Programs** include recreational programming to engage the youth, and support services, skill development, entrepreneur training as well as educational and retraining opportunities (including literacy and computer training). These programs help develop self-esteem, self-confidence, leadership skills and provide positive alternatives to youth while promoting a sense of belonging to the community and providing a place youth can call their home.



Our community

The **CYC** serves a richly diverse and multicultural community. Residents from the St. James Town, Cabbagetown and Regent Park communities represent a variety of different cultures including Sri Lankan, Filipino, Chinese and Indian. In fact, St. James Town is often the first Canadian home for immigrants from around the world.

Within its 18 high rise buildings, St. James Town houses over 65,500 people per square kilometre, compared to 7,000 residents per square kilometre in the rest of Toronto, making it the most densely populated single block in Canada. Residents of St. James Town are more likely to be renters, recent immigrants, seniors living alone, low income earners or on public assistance. The residents are likely to speak a first language other than English or French, to have low birth-weight babies, to have less than a high school education and to be teen mothers or lone parent families. This diverse and high-risk population shares local medical, educational and recreational services and resources that are stretched, inaccessible or *simply non-existent* in the community.



Partners

- Toronto Parks and Recreation
- Toronto District School Board Parenting & Literacy Program
- Toronto Catholic District School Board
- Winchester Park Public School
- Toronto Police Services, 51 Division
- Operation Springboard
- Toronto Pre-School Speech and Language
- Rose Avenue Public School
- Toronto Public Health
- Canadian Charities
- Hincks-Dellcrest Centres
- International Charity Association Network (ICAN)
- Salvation Army
- Native Child and Family Service
- Tamil Academy of Culture and Technology
- United Filipino Association of St. James Town
- Toronto Police Services
- Silayan's Community Centre
- Parliament Wellesley Property Management
- Winchester Residents Association
- Second Harvest
- Our Lady of Lourdes Catholic School



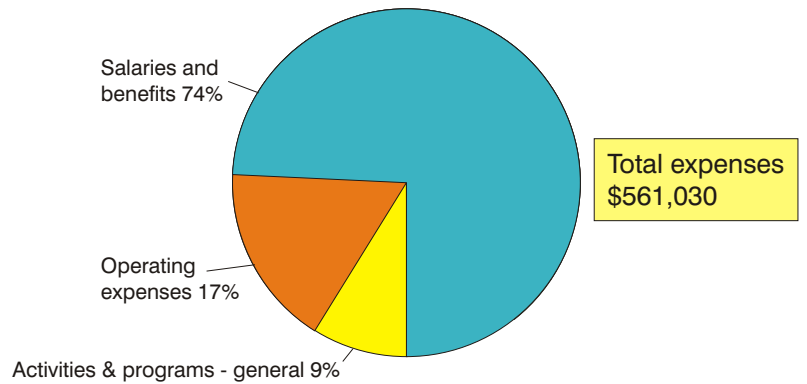
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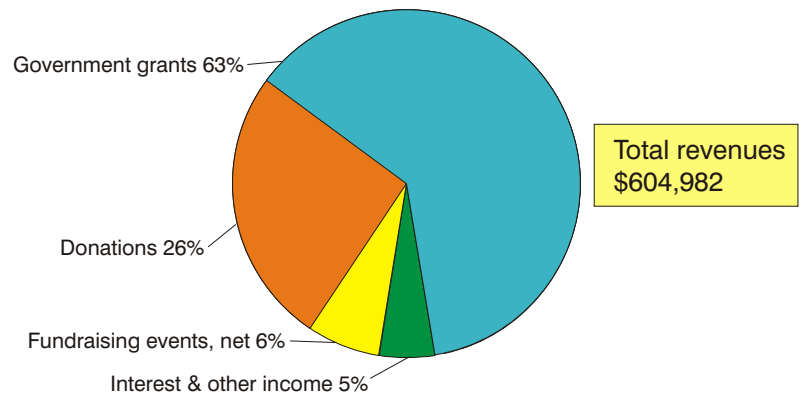
Our Donors

BMO Foundation of Hope
 Beaver Bible Class
 Blair's Run Mini-Marathon Foundation
 Blair's Run - Street & Team Donations
 Bruce Gordon
 Canadian Tire Foundation (Jump Start Program)
 CIBC Children's Miracle Foundation
 City of Toronto
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 – Health Canada
 Hermant Family Foundation
 International Charity Association Network (ICAN)
 Mc Nee Anniversary
 Regent Park
 R. Howard Webster Foundation
 Rotary Club of Toronto
 The Salvation Army
 United Way - Donor Designations
 Wellesley-Parliament Square

Expenses



Revenues



CABBAGETOWN YOUTH CENTRE INC.

STATEMENT OF OPERATIONS

Year ended December 31

	2005	2004
REVENUE		
Government grants	\$381,891	\$471,917
Donations	157,505	62,996
Fund raising events, net	34,917	39,850
Interest and other income	30,672	31,816
	604,982	606,579
EXPENSES		
Activities and programs - general	51,344	33,637
Activities and programs - equipment	2,907	5,669
Operating expenses	93,080	107,601
Salaries and benefits	413,699	500,510
	561,030	647,417
Excess (deficiency) of revenue over expenses	43,952	(40,838)

PURPOSE OF THE ORGANIZATION

Cabbagetown Youth Centre Inc. (the "Centre") is an organization operating social and recreational programs in the Cabbagetown and St. James Town communities of Toronto, Ontario. The Centre is incorporated as a not-for-profit organization and is a registered charity under the Income Tax Act.

Audited Financial Statements are available upon request.



Cabbagetown Youth Centre Inc.

Charitable registration number: 0476135-56-13

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Tel 416 513-9802

Fax 416 513-9804

280 Wellesley Street East

Toronto ON M4X 1G7

Tel 416 963-9528

240 Wellesley Street East

Toronto ON M4X 1G5

Tel 416 923-0984

Other Program Locations

Rose Avenue Public School, 675 Ontario Street

260 Wellesley Street

Winchester Public School, 15 Prospect Street