





## ***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

**2**007 was a great year for the Cabbagetown Youth Centre – a year of great challenges, great successes and great benefits for our community.

**CYC's** mandate is to provide barrier-free access to programs and services that provide positive alternatives to communities through social, recreational and skill development programs.

In 2007, **CYC** did that and much, much more!

- A dream became reality in 2007 with the full expansion of **CYC's** Performing Arts into a year-long, comprehensive arts program thanks to funding from the Ontario Trillium Foundation. Through our expertise and outreach throughout the community, the **CYC** was able to tap into interests of young girls and teens who had never participated in recreational activities let alone an Arts program. The results have been astounding. With activities from purely recreational to competitive, the performing arts program has made an impact in giving children and youth the opportunity to grow in their physical, social and even emotional development. Children who were too shy to talk or be with groups performed solos at the annual **CYC** Production, to standing ovations! Even more, this program has had the unexpected benefit of bringing families and the community together in celebration of these children's successes. It is truly great!
- **CYC** has been able to share its 35 years of experience to help children and youth across the City. **CYC** is proud to play a role in offering vital programming to boys in Grades 1 through 12 as part of the **Boys 2 Men Institute** providing boys with an opportunity to learn skills that will prepare them for real life through mentoring from a positive male role model by promoting the principles of *PRIDE, DIGNITY and RESPECT*. **CYC** is also honoured to be involved across the City in high priority areas such as Jane & Finch and Steeles-L'Amoreaux, working with other groups to create access to programs for boys and young men that build Self-Awareness, Education (Knowledge), Community Service and Health Maintenance (Fitness & Nutrition).
- **CYC** continues to be a leader in delivering programs for children 0 - 6 years, parents and caregivers through the Community Action Program for Children (CAP C). This program is an integral support program to help build community capacity as well as address issues of isolation and marginalization by serving as a consistent and trustworthy resource in 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*



- Funding is always a challenge but this year the **CYC** broke its record raising \$30,000 with the Annual Blair's Run Mini-Marathon at the Cabbagetown Festival in September. Thanks to the collective passion, dedication and effort of volunteers, community members and neighbours, this record-setting amount will provide urgently needed resources to support **CYC's** After-Four Program. Many heartfelt thanks to everyone who made this achievement great.

In 2007, funding has been a challenge and will most likely continue to be in 2008 given the overwhelming response to our programs. **CYC** will continue to strive to meet that challenge to be a positive focal point in our community.

**CYC** measures its success in all the traditional ways, through evaluation, feedback, service numbers, and yes, 2007 has been a challenging yet great year. But one thing that cannot be measured and that truly defines our success is our impact on strengthening the "hearts" in the community by opening a door for happiness, pride, dignity and respect.

Thank you to all of our supporters, partners, volunteers and staff.



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

**P**rograms 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.



### Child & Youth

- After Four Programs
- Youth Sports
- Dance
- Drama
- Singing
- Snack Program
- Summer Sports Camp
- Summer Performing Arts Camp
- Summer Jr. Playgroup
- Summer Basketball Camp
- Summer Tennis Camp
- Summer Soccer League

### Sports & Recreation

- Martial Arts
- Tai Jutsu
- Aerobics
- Dance
- Boxing
- Weight Room
- Wrestling
- Boys to Men

### Community

- AESL
- Sewing Cooperative
- Parenting & Family Literacy Centre
- Cooking from the Heart
- Gym Program
- Movement & Music
- Fathering Program
- Community Home Visitor
- Peer Nutrition
- Internet Café
- CAP-C



## Responding to Community Needs



**T**he 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

**T**he **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  
 Serve Canada  
 Children's Aid Society  
 Heart to Heart  
 KidSport Ontario  
 Philpott Tennis  
 614 St. Jamestown  
 St. Stephen's Community House  
 Wellesley Community Recreation Centre  
 Winchester Street Theatre



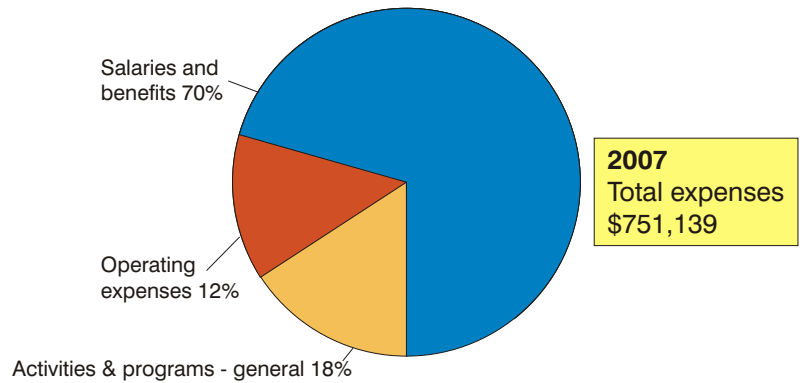
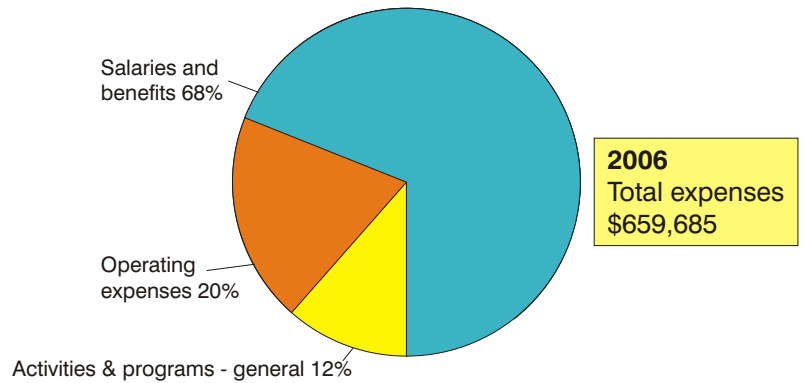
**Board of Directors**

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 Gerald Graves  
 Louise Koepfler  
 Marilyn Marshall  
 John McFadyen  
 Kevin Moore  
 Spiros Papathanasakis  
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 Peter Wylie

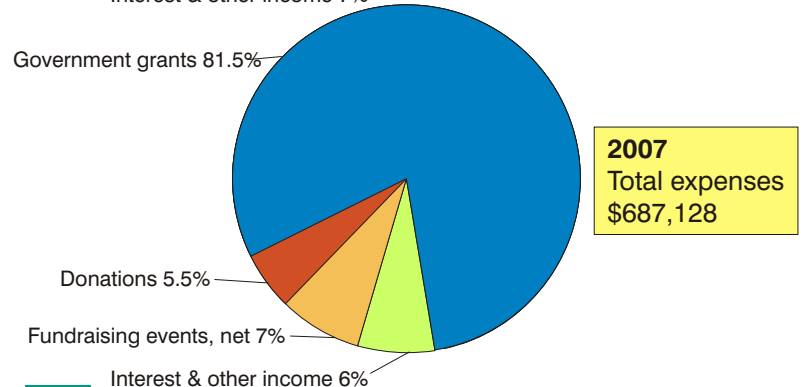
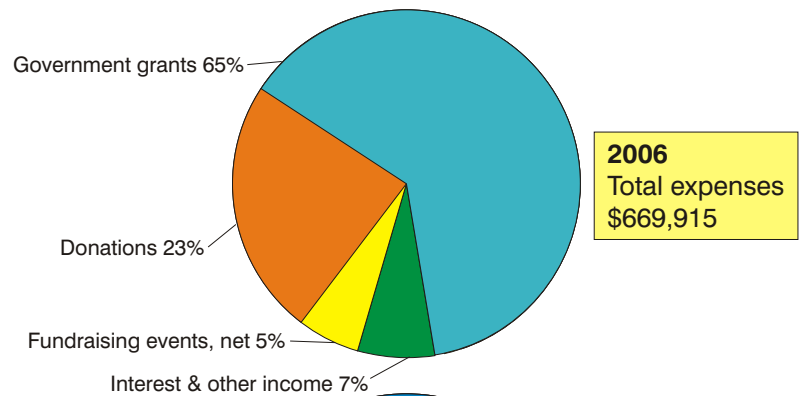
**Our Donors**

BMO Foundation of Hope  
 Beaver Bible Class  
 Blair's Run Mini-Marathon Foundation  
 Blair's Run - Street & Team Donations  
 Bruce Gordon  
 CIBC Children's Miracle Foundation  
 City of Toronto  
 Government of Canada  
 – Social Development Canada - Human Resources & Skill Development Canada  
 – Health Canada  
 Hermant Family Foundation  
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 Mc Nee Anniversary  
 Ontario Science Centre  
 Ontario Trillium Foundation  
 Raptors Foundation  
 Regent Park  
 R. Howard Webster Foundation  
 Rotary Club of Toronto  
 Second Harvest  
 Sony Canada  
 Sun Life Financial  
 The Salvation Army  
 The Shriners  
 Toronto Women's Insurance Association  
 United Way - Donor Designations  
 Wellesley-Parliament Square

**Expenses**



**Revenues**



## CABBAGETOWN YOUTH CENTRE INC.

### STATEMENT OF OPERATIONS

Year ended December 31

	2007	2006	2005
<b>REVENUE</b>			
Government grants	\$559,566	\$435,085	\$381,891
Donations	37,427	150,934	157,505
Fund raising events, net	47,628	35,833	34,917
Interest and other income	42,507	42,987	30,672
	<b>687,128</b>	<b>669,915</b>	604,982
<b>EXPENSES</b>			
Activities and programs - general	137,482	78,783	51,344
Activities and programs - equipment	—	—	2,907
Operating expenses	88,623	132,923	93,080
Salaries and benefits	525,034	447,979	413,699
	<b>751,139</b>	<b>659,685</b>	561,030
Excess (deficiency) of revenue over expenses	<b>(64,011)</b>	<b>10,230</b>	43,952

#### 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

**2 Lancaster Avenue**

Toronto ON M4X 1C1

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[cabbagetownyouth.ca](http://cabbagetownyouth.ca)

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Toronto ON M4X 1R3

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

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**Other Program Locations**

Rose Avenue Public School, 675 Ontario Street

260 Wellesley Street

Winchester Public School, 15 Prospect Street