
ANNUAL REPORT

FISCAL YEAR
SEP 2015 - AUG 2016

New Leaf Foundation

PO Box 97044,
137 Roncesvalles Ave
Toronto, ON M6R 3B3

Email: info@newleafyoga.org
Website: newleafyoga.org

Charitable Registration #854956794RR0001




*“Yoga has helped
me to restrain
myself from
conflicts that
come my way”*

- M, 16



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*“Yoga has helped me
be more calm during
my classes. Helps me
breathe during times
when I’m angry”*

- Q, 18



Laura Sygrove
Co-founder & Executive Director

LETTER FROM OUR EXECUTIVE DIRECTOR

New Leaf's growth over the past nine years has been a source of inspiration and joy for so many of us on the team. Witnessing the expansion of our programs, compiling what we have learned so that we can share it with others, and feeling the impact we are making lights the fire for us to continue to innovate and evolve. This year has seen the unfolding of our first online offering sharing our best practices with an audience that spanned Canada, the US, and even parts of Europe and Africa; we changed our operating name to more fully reflect the depth and

scope of what we offer; we grew our team, clarified a strategic vision for what we want to accomplish over the upcoming three to five years, and - with the support of Toronto Foundation's Vital Ideas Grant - completed a social return on investment study (SROI) that helps build an even stronger case for the impact our programs have not only on youth who participate in them, but also on their teachers, families and communities. Read on to learn more about our proudest moments from the past year!

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

LAURA SYGROVE



“I don’t fight with my friends, I can control my anger.”
- T, 18

BOARD OF DIRECTORS

Angelika Gollnow
Shaka Licorish
Kate Love
Felicia Ross
Balaji Swaminath

STAFF

Laura Sygrove
Nicole Madison
Julia Gibran
Emily Bremner
Felicia Cyrus

ABOUT NEW LEAF FOUNDATION

AN INNOVATOR IN CANADA SUPPORTING THE MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING OF YOUTH

New Leaf Foundation has been an innovator for the last decade, supporting the mental, emotional and physical well-being of young people in under-served and marginalized communities.

Our programming is built around unique trauma-informed methodology that utilizes yoga- and mindfulness-based practices to foster emotional regulation and resilience. New Leaf specializes in working with young people who are facing challenges in areas such as school attendance, learning, behaviour, conflict, involvement with the law, and mental health including traumatic stress. The organization started its work with a focus on “high-risk” environments including youth custody facilities and gang-exit initiatives, and in 2011, expanded to include prevention programs in priority schools and drop-in programs in low-income communities.



Our facilitators are all certified yoga instructors and also receive an initial 20-hour mandatory training from New Leaf which covers making mindfulness and yoga practices accessible to youth as well as anti-oppression, trauma-informed and strengths-based frameworks. Facilitators receive a high level of oversight from the organization as well as on-going education and mentorship in order to ensure the highest quality of program delivery.

“The yoga program has helped me feel more confident”

- B, 14

MUCH MORE THAN A YOGA OR MEDITATION CLASS, OUR PROGRAMS AIM TO BUILD RESILIENCE AND LIFE-SKILLS

PROGRAM GOALS

While the benefits of yoga and mindfulness-based practices can often be reduced to relaxation or physical fitness, we recognize that movement, breath and awareness offer evidence-based support that goes far beyond these basic outcomes. The goals of our initiatives include:

- Decrease sense of isolation through community and positive relationship-building
- Decrease conflict & impulsivity
- Decrease stress
- Decrease effects of chronic stress and trauma
- Increase self-awareness and self-regulation skills
- Increase emotional resilience (the ability to manage ups and downs in constructive ways)
- Improve overall physical, mental and emotional well-being

PROGRAM COMPONENTS

New Leaf's programs offer much more than a yoga or meditation class. Programs are carefully curated to include the following components with the aim of building life-skills:

- facilitated dialogue
- mindfulness-based activities and beginner-level mindfulness meditation
- yoga-based physical movement
- guided relaxation

LIST OF PROGRAMS

New Leaf offers various types of programs intended to meet youth in the various spaces they may be engaging within as well as addressing the possibility to reach those young people who may move between these various access points.

SCHOOL PROGRAMS

We offer 25-30 week programs in “priority” schools and alternative education initiatives which support youth ages 9-20.

Bendale Business and Technical Institute
 Central Technical School
 C. W. Jefferys Collegiate Institute
 Downsview Secondary School
 Eastdale Collegiate Institute
 Etobicoke Year Round Alternative Centre
 Fairbank Memorial Community School
 L'Amoreaux Secondary School
 Lord Dufferin Public School
 Nelson Mandela Public School
 Market Lane Secondary School
 Thistleton Collegiate Institute
 Westview Centennial Secondary School

YOUTH JUSTICE PROGRAMS

We offer 45 week programs in open and closed custody and alternative sentencing programs for youth ages 12-20.

Brookside Youth Centre
 Genest Detention Centre for Youth
 Hope Manor Secure Custody Facility
 Roy McMurtry Youth Centre
 Sprucedale Youth Centre
 Syl Apps Youth Centre

DROP-IN PROGRAMS

We run free, long-term, drop-in programs and leadership initiatives in low-income communities serving youth ages 13-24.

Regent Park Free Up
 Rexdale Free Up

NEW LEAF FOUNDATION

WE CHANGED OUR OPERATING NAME

You may have spotted a change in the way we refer to our organization over the last little while. New Leaf decided to change our operating name to New Leaf Foundation.

Removing the word “yoga” was a way for us to acknowledge the depth of what we offer ,which is beyond simply a physical yoga practice but includes a mindfulness-based approach, activities, facilitated dialogue and community-building. Check out our updated logo as well!

HIGHLIGHTS FROM THE YEAR

The year was filled with too many wonderful accomplishments to count, but here are a few that stand out!

• Developed a strategic plan that focuses on impacting whole schools with a commitment to explore ways we can support staff and caregivers of youth.

• Offered 30 programs at 21 sites, including 12 Toronto District School Board schools, 6 custody facilities across southern Ontario (London, Kitchener, Brampton, Oakville, Cobourg and Simcoe), and 3 community drop-in programs in low-income and underserved neighbourhoods spanning Rexdale and Regent Park regions.

• Reached close to 800 youth in long term programs and upwards of an additional 200 youth in outreach efforts.

• Were awarded the Agents of Change for Community Health Grant from Centre for Social Innovation and Green Shield Canada Foundation . This initiative recognizes innovators who are developing solutions to health problems affecting various communities in Toronto.



30 PROGRAMS

1000 YOUTH REACHED



IMPACT OF PROGRAMS

Over the course of 2015 and 2016, New Leaf Foundation conducted a Social Return on Investment Study (SROI) with the support of a Toronto Foundation Vital Ideas grant and researcher, Racquel Smith.

SROI is a methodology for determining the overall value of outcomes created as a result of programming; these outcomes may span economic, social and environmental benefits that flow from every dollar that is invested into an initiative. In addition to a detailed narrative of how these changes happen, the end result of an SROI analysis is an SROI ratio that compares the initial financial investment to the financial value of the broader outcomes that are achieved. This ratio demonstrates, in monetary terms, the financial benefit of social investments.

New Leaf investigated the social return within 2 of our 3 areas of programming: schools and drop-in programs. A broad range of stakeholders including youth participants, Toronto District School Board staff (teachers, social workers, child and youth workers, and principals), participants' families, program funders, and program facilitators/supervisors, were engaged via interviews, surveys, and focus groups in order to understand the benefits that were experienced as a result of New Leaf Foundation's programming. The analysis explored experiences of stress, ability to regulate emotions, level of focus, quality of sleep, occurrences of interpersonal conflict, ability to self-regulate, as well as school attendance and academic performance.

Perhaps the most inspiring was the finding that while New Leaf programming had a significant positive effect on young people engaged in our programs, there was also noteworthy positive impact on both TDSB staff, as well as on the families of the youth we serve!

The conclusion of the study revealed an SROI ratio of 1: 4.63, which indicates that for every dollar invested, New Leaf Foundation creates just over four and a half dollars in social value.

This suggests that **significant social value is created** when young people are provided with opportunities to cultivate a mindfulness and yoga practice. Moreover, the study noted that this outcome represents a conservative estimate, as it was not possible to capture the financial value of all program outcomes. Perhaps the most inspiring was the finding that while New Leaf programming had a significant positive effect on young people engaged in our programs, there was also noteworthy positive impact on both TDSB staff, as well as on the families of the youth we serve!

Based on this analysis, and the recommendation of upwards of 98% of New Leaf participants and stakeholders, the SROI study makes a compelling case for continuing - and in fact expanding - mindfulness and yoga-based education for young people.

*“It can help my personality and my body to be relaxed”
- C, 19*

FOUNDATIONS & GRANTS

Lewis & Ruth Sherman Foundation
 McCall MacBain Foundation
 Toronto Foundation
 The KPMG Foundation
 Centre for Social Innovation
 McCarthy Tétrault Foundation

CORPORATE GRANTS

Jones, Gable & Company Ltd.

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 Moksha Yoga Maple
 Moksha Yoga Brooklin
 Union Yoga Studio
 889 Yoga
 Queen Street Yoga
 Moksha Yoga Orleans
 Power Yoga Canada Oshawa
 Moksha Yoga Etobicoke
 Moksha Yoga Brantford
 Spirit Loft
 Ahimsa Yoga
 Moksha Yoga Downtown
 Downward Dog Yoga Centre

GRANTS & FUNDERS

**OUR FUNDERS
 ARE THE SUPPORT
 SYSTEM THAT WE
 CAN'T SURVIVE
 WITHOUT**

“It helped me
 relax in certain
 situations when
 I’m angry, I know
 how to calm
 myself down now”
 - T, 15

WE ARE SO GRATEFUL FOR THE GENEROUS CONTRIBUTIONS AND VISION OF THE COMPANIES, GRANTERS, AND INDIVIDUALS THAT MAKE OUR WORK POSSIBLE

DONORS \$5000 - \$1000

Phillip & Ellen Taylor
Kevin Kimsa
Burke Seitz
Sheena Mcdonald

DONORS \$999 - \$500

Michelle Corbeil
Drew Abbott
Elizabeth Doyle
Theal Medicine Professional Corp
Domco Foodservices Limited
Lucy White

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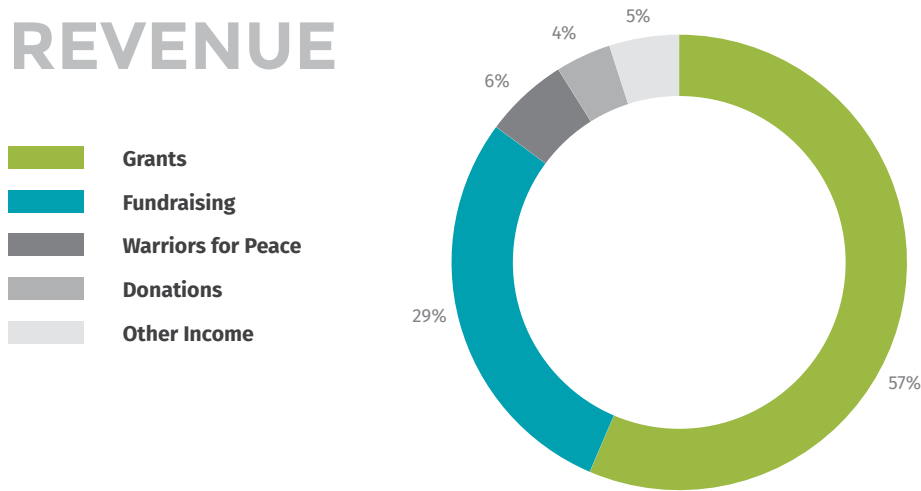
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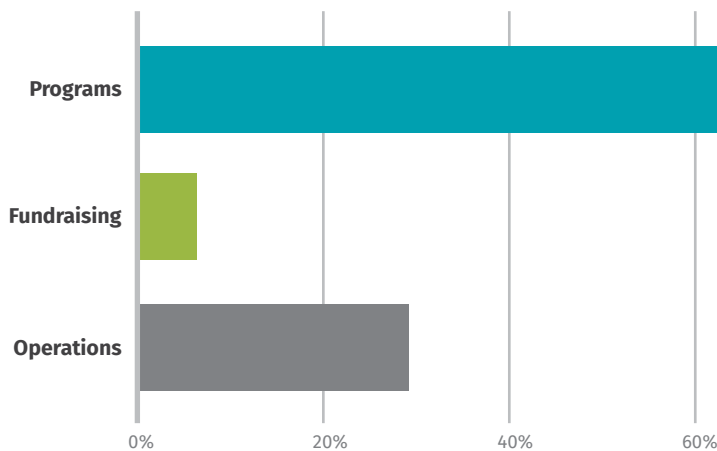


FINANCIAL REPORT

REVENUE

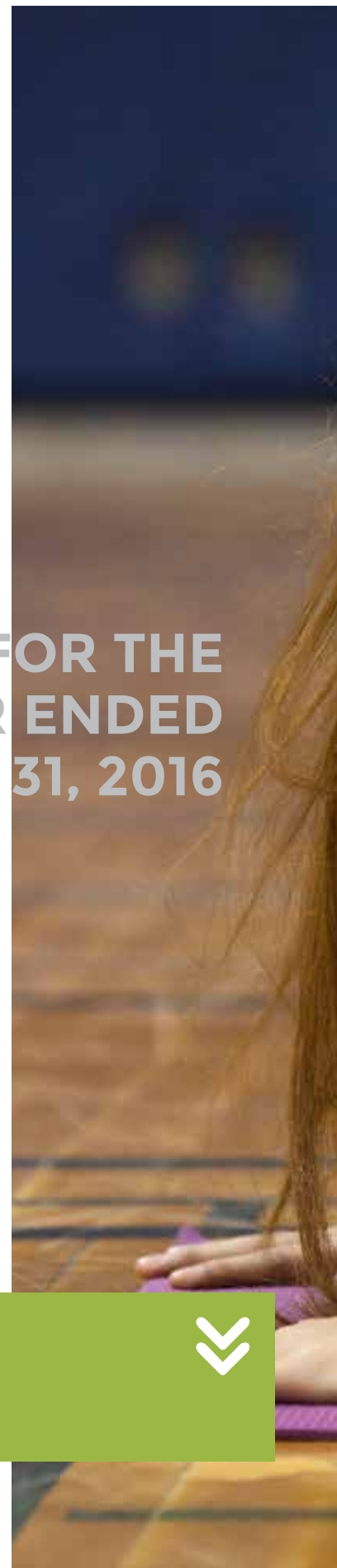


EXPENDITURES



FOR THE YEAR ENDED AUG 31, 2016

TOTAL ANNUAL BUDGET
\$ 223, 764



STATEMENT OF OPERATIONS & NET ASSETS

	2016	2015
Revenue		
Grants	\$ 144,941	\$ 44,717
Fundraising	\$ 73,100	\$ 43,668
Donations	\$ 26,451	\$ 40,556
Other Income	\$ 11,837	\$ 6,125
	\$ 256,329	\$ 135,066
Expenditures		
Programs	\$ 142,707	\$ 98,434
Fundraising	\$ 14,752	\$ 8,977
Wages	\$ 43,545	\$ 29,871
Rent & Utilities	\$ 7,200	\$ 7,800
Office & General	\$ 5,264	\$ 4,139
Insurance	\$ 3,128	\$ 3,258
Professional & Consulting Fees	\$ 3,066	\$ 3,067
Bank Charges & Interest	\$ 2,576	\$ 1,935
Telephone	\$ 1,516	\$ 1,425
	\$ 223,764	\$ 158,906
Revenue Over Expenditures	\$ 32,565	\$ (23,840)
Net Assets, Beginning of Year	\$ 26,537	\$ 50,377
Net Assets, End of Year	\$ 59,102	\$ 26,537



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