LOVE Québec ANNUAL REPORT 2022-2023

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Greater than anything



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MESSAGE FROM THE PRESIDENT AND THE EXECUTIVE DIRECTOR

As we look back on 2022-23, it is incredible to think about how much LOVE accomplished this year.

We launched a three-year strategic plan, moved to new headquarters, and strengthened our team with the creation of a senior leadership structure to better support program delivery. And all of this, in a post-COVID world, having to navigate the uncertainties of our collective "new normal".

Thankfully, with the support of our devoted board of directors, our incredibly generous donors and our superhuman staff team, LOVE has remained well-equipped to do what we do best: help youth thrive.

This is essential because we, along with researchers and practitioners alike, have observed that the crisis around youth mental health persists and has even become more exacerbated over the last few years. From 2011 to 2016, the proportion of youth across Quebec reporting an elevated level of psychological distress increased from 23% to 32%. More recently, within Montreal, 4 out of 10 youth reported high levels of psychological distress according to a study by Jeunes en Tête. Moreover, media reports point to an increased concern for youth violence, with school service centres in Quebec reporting twice as many violent acts as in 2019.

Taken together, the need for LOVE has never been greater. That is why we launched our three-year strategic plan. We know that by setting objectives, we can achieve important results for the youth we serve. In this first year, we reached 47% more youth, delivered 16% more programs and 36% more workshops on Sexual Education. We are well on our way to ensuring more and more youth develop the emotional intelligence and resilience needed to face life's challenges and we are grateful to our many supporters, donors and youth who are helping us make this happen!

In this first year (of our Strategic Plan), we reached 47% more youth, delivered 16% more programs and 36% more workshops on Sexual Education. 99



Isabel Valenta Board Chair



Robyn Dalton
Executive Director

VISION AND MISSION



Mission

Engage Youth. Build Bridges. Realize Potential.

LOVE supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face.

Program participants emerge with greater resilience, heightened skills, and the confidence to be inspirational leaders.

Vision

To be a leader in building innovative and sustainable programs that promote the mental, emotional, and social health of youth.

Values

INNOVATION: We respond to the needs of our community through our unique, dynamic and adaptive approach.

GROWTH: We nurture the development of our youth and communities and strive to increase our impact across Greater Montreal.

INCLUSIVENESS: We welcome and accept individuals of all backgrounds and build bridges between them.

RELIABILITY: We steward relationships and use evidence-based approaches to consistently uphold the quality of our work and the trust of our stakeholders.

TRANSPARENCY: We commit to clear, honest, and open communication, and are accountable to our youth, staff, donors and supporters.



OUR STORY

LOVE was founded in 1993 by Sheila (Twinkle) Rudberg who was inspired to end the cycle of violence in the lives of youth following the death of her husband by a 14-year old boy, who himself was a victim of violence. LOVE quickly gained recognition in Quebec and has since launched successful programs in Halifax and Vancouver.



What started as a small, grassroots, youth photojournalism project running out of the basement of Montreal's Dawson College soon blossomed into a well-established national program, warmly recognized by governments, schools, corporate and community organizations for the meaningful impact it was having on young people. LOVE currently runs programs across Canada in Quebec, British Columbia and Nova Scotia.

Our youth

For close to 30 years, LOVE (Québec) has been committed to changing the lives of thousands of at-risk youth, providing a safe environment to those who have experienced bullying, abuse, hate crimes, suicide ideation and self-harm. We work with a great diversity of marginalized youth, including those who are low-income, as well as members of the BIPOC, LGBTQ+ and neuro-diverse communities. Over 70% of LOVE (Québec)'s youth have experienced some type of trauma, either in their homes or in the wider community.





2022-2023 IN PHOTOS

LOVE returns to Kinkora for Leadership Camp for the first time since 2019!



LOVE x POP presents: Time Metaphor 2022



LOVE's Youth Holiday Party,
generously sponsored by
Indigo Books with goodie
bags gifted to us by
Montreal blogger Caroline
Elie, unites youth from all
programs for a year-end
celebration





LOVE speaks with Prime Minister Justin Trudeau at the Sun Youth Roundtable about domestic violence



LOVE moves offices after a decade at the St-Jacques space



LOVE's vernissage benefit event celebrates youth with donors, partners, and community members on Giving Tuesday



LOVE celebrates youth's achievements, as programs wrap up in June!

Board members

Isabel Valenta

Board Chair Lawyer, Dentons

Mathieu Erard

Board Treasurer Vice President, Strategy & Alternative Investments, iNFiNi-t Wealth Management Advisers Inc.

Justin G. Murgai

Board Secretary Global Community Director, Engineers Without Borders

Lauren Burns

Sr. Manager, Solution Engineering - Canada, Salesforce

Alexandra Choquette

Vice President, Burovision

Vanessa Cheong

Former IT Executive (SaaS and Customer Success)

Kate Cherry

Senior Product Manager, ALDO Group

Rachel Thorne

Advisor of Equity, Inclusion & Diversity at PSP Investments

Program Advisory Committee

The objective of the Program Advisory Committee is to continually evaluate, evolve and improve our programs to meet the needs of youth at risk, drawing on the expertise of a variety of professionals in the field and the experience of community members, staff, youth and alumni.

Program Advisory Committee Members

Satoko Ingram , Dr. Franco A. Carnevale, Vanessa Cheong, Justin G. Murgai, Selena Di-Filippo, Kate Cherry, Rachel Thorne, Brian Seltmann, Robyn Dalton, Cedric Joseph

Marketing and Fundraising Committee

The objective of the Marketing and Fundraising Committee is to support the organization's fundraising efforts and to oversee fundraising events and initiatives in order to diversify LOVE's donor base.

Marketing and Fundraising Committee Members

Alexandra Choquette, Ashley Dere, Isabel Valenta, Kate Cherry, Marie-Ève Grisé, Véronique Beaulieu-Fowler, Robyn Dalton, Katherine Zhang

Staff

Robyn Dalton

Executive Director

Cedric Joseph

Co-Director of Programs

Audrey Brunette

Co-Director of Programs

Liezl Lee

Director of Strategic Initiatives

Zoe Caravecchia-Pelletier

Senior Program Coordinator and Sexology Lead

Kelsey Brooks

Program Coordinator

Oliver Zakhour

Program Coordinator

Véronique Gagné-Greffard

Program Coordinator

Maiya Olney

Program Coordinator

Moe Yamaguchi

Intern, lead for LOVE Japan

Katherine Zhang

Marketing and Communications Coordinator



Our schools and partners

Beurling Academy

Cavelier-De Lasalle

Dorval-Jean XXIII

Édouard-Montpetit

FACE English Side (sexo)

FACE Francophone (sexo)

John Rennie

Lakeside Academy

LCCHS

Parkdale Elementary School

PCHS (Vision)

Père-Marquette

Place Cartier

Robert Gravel (sexo)

Robert-Gravel

Saint-Henri

Châteauguay Valley Regional High School

Out of School Programs

Batshaw - Bourbonniere

Batshaw - L'avenier

Batshaw - Springfield

Batshaw - Saint Rose

Eco-Connection Program

LOVE Quebec After School







PROGRAM INNOVATIONS: ONLINE LOVE PROGRAMMING



Cedric Joseph

Co-Director of Programs, Online Programming Lead

With the tremendous support of Mouvements Desjardins, LOVE Quebec has been able to reach marginalized youth living in isolated communities through the delivery of our online Media Arts Program.

The program was launched during the pandemic as an alternative for reaching youth when public health measures prevented us from gathering in person. As a silver lining, we discovered that we could continue to leverage technology to support more youth living outside of Montreal through this online program.

This year, we animated our first ever post-pandemic online program at Chateauguay Valley Regional High School in Hemingford, Quebec for 44 students in the alternative program and the work-oriented training program at the school. With support from the New Frontiers School Board and the Monteregie West Community Network, students participated in a series of workshops led by LOVE's Co-Director of Programs, Cedric Joseph.

As Cedric explains, he had to think creatively about how best to make the program as accessible as possible. For the photography workshops, for example, youth used their cellphones and sent him their pictures through a special group created for their class on Instagram. The platform was also used as a way of checking in with the youth to keep communication open between sessions.

Generously supported by



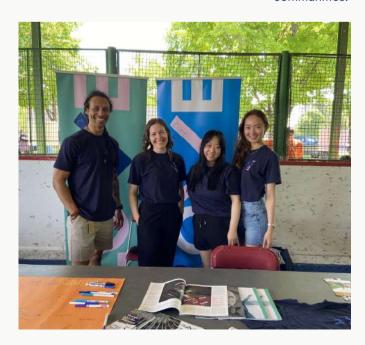
To celebrate the end of the program, a vernissage was organized in the school library, showcasing the youths' photos and written pieces. Cedric and Robyn surprised the students by attending the event in-person.

"In my 35-year career, I have never seen such a collaboration to address the needs of students who have difficulty finding work and who need further development of their personal skills," exclaimed the school's principal in an article featured in Hemingford's local newspaper, the

"They have learned how to communicate kindly and respectfully," explained their alternative program teacher, who also said that the program has "helped kids find a way to fall in love with school again."

Online programs were also delivered this year at Batshaw Youth and Family Center's Prevost Campus, to 3 groups, L'Avenir, Springfield, and St. Rose. Through these programs, we were able to help 20 youth strengthen their emotional intelligence, with a special highlight being that we were able to meet them in person during an Indigenous Celebration Day organized by Batshaw.

Finally, we continue to foster relationships with Indigenous communities including Waswanipi and Misstisini, with the goal of delivering an adapted and culturally relevant version of the Media Arts Program online to youth from these communities.



BODY & SELF: SEXOLOGY

Under the objectives mandated by the Ministry of Education, our team has developed workshops to meet a growing demand in the Quebec school system. Sexual education in primary and high schools, now a full-fledged responsibility of educational institutions, helps to prevent sexual violence. LOVE, having worked in the field of violence prevention for 30 years now, has specialized its services by developing its sexological component.

This includes:

- The development of workshops covering all the themes required by the Ministry of Education of Quebec (primary and secondary). These workshops have been adapted by our team to ensure the inclusion of sexual and gender diversity in the MEQ mandatory themes.
- An evaluation system for the sexuality education workshops offered by LOVE, allowing us to better tailor our services to the needs of the young people who have received our sexuality education workshops.
- A sexology curriculum, which can be offered to our partners and through LOVE's after-school activities, of around 8 workshops to complement the compulsory sexuality education content mandated by the MEQ.
- A training course on sexual and gender diversity for school staff, aimed at equipping adults working with young people. A secondary training course is also currently being created by our team. This will enable us to continue sharing information and deepen our knowledge of how to create an inclusive space and develop supportive attitudes to counter sexual and gender-based violence in the school environment. The aim of these training sessions is to provide our partners with the tools they need to act as agents of change in their environment.

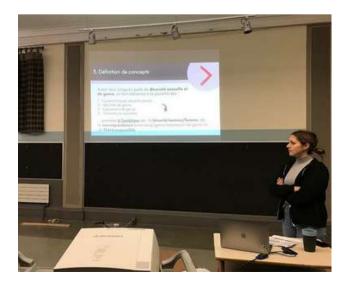


Audrey Brunette

Co-Director of Programs

This year, 42 school staff attended our training on sexual and gender diversity in the school environment, which will have a direct impact on enriching an inclusive, violence-free school environment for the young people in our community.

Through our work and that of our collaborators, present and future, we must continue our fight against sexual violence. This change cannot be achieved in a single year. It will therefore be essential to pursue our mandate by developing the sexological component and fostering new collaborations that will enable us to work with a greater number of young people, while maintaining the quality of our services at LOVE.



LOVE'S PROGRAMS: FROM SMALL MOMENTS TO BIG IMPACT





Liezl LeeDirector of Strategic
Initiatives

Did you know that through LOVE's weekly programs, we connected with 377 youth on a regular basis this year? Not only does connecting regularly with youth allow us to build trust with them and foster connections with their peers, but it also allows us to witness incredible moments of personal growth. This is really the essence of what happens to youth who participate in our programs.

In one case, for example, what started off as a physical altercation between two participants was diffused by a LOVE coordinator who used crisis intervention and conflict resolutions skills to demonstrate to these two youth that there are other ways to communicate instead of using violence. In the end, this teachable moment allowed the youth to realize that their entire conflict had been based on a misunderstanding and that instead of using violence, they could more effectively use their words in a safe space to better understand one another.

In another case, the trust fostered between the participants created the space for a youth to come out to their parents, and they shared their journey with the group as it was unfolding. This all began from the weekly check-ins, where youth share their highs and lows of their week. After months of getting to know this youth, being present, and fostering safe space, their peers provided this youth with the safe space needed to muster the courage to come out to their parents about their true identity. LOVE was there for this youth when they needed it most and has undoubtedly been part of a life-changing experience for them.

The work we do in programming goes beyond animating workshops and delivering curriculum. LOVE staff must adapt to the needs of the youth on any given day. This may mean giving them a little more space because they are going through a challenging time and need to get something off their chest, or it may mean doing a mindfulness activity to burn off some excess energy. Above all, it is about meeting the youth where they are at, being there for them, and planting the seeds that will help them flourish into the thriving person they strive to become.

COMMUNITY COLLABORATIONS

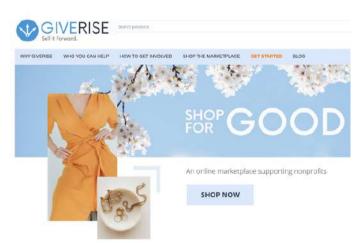


Last winter, LOVE was visited by the Citoyens D'Aujourd'hui and Les Explorateurs de L'Engagement, a youth initiative from France! The Explorateurs de l'Engagement are a group of young people who travel the world and meet with youth initiatives and organizations to talk about youth engagement in their communities. They learn about different youth organizations across the world and then work on a booklet highlighting different approaches they have noticed in different countries! Together, we discussed LOVE's mission, programs, and how we help youth become the leaders of tomorrow through our programs and activities.

LOVE partnered with **Wicked Saints Studios** this year and had the chance to be part of a mission in their newest game, **World Reborn**. World Reborn is the first AR activism game – that is completely free to play on mobile!

LOVE hosted a game night at the office for youth and staff to try out World Reborn and attempt to find LOVE's mission in the game.





LOVE partnered with **GiveRise** this year, a Canadian online consignment and thrift store that supports local causes. GiveRise is an online e-commerce and shopping platform on which Canadians can buy and sell second-hand items and choose a partner charity or school to donate a percentage of their sales to! Vendors and buyers alike help support a variety of organizations including LOVE.

SPECIAL EVENTS



The Austrian Society of Montreal's one of a kind Viennese Ball takes place every year and is not only a celebration of Austrian culture but also an incredible fundraising event for local charities. The event raises funds for organizations that work with marginalized youth, such as LOVE Quebec, while connecting people with Austria's rich traditions and history through cultural performances and music. This year, were were invited to speak at the Ball about our mission and highlight the work we do. We are very grateful for the support that the Ball and the Austrian Society has given us over the years.

LOVE was invited to be part of TELUS's MTELUS 5 year anniversary celebration! As a celebration of the 5 year anniversary of the iconic MTELUS venue, TELUS hosted **MTELUS+5**, a free concert for its customers. The lineup featured a list of incredible Quebec-based and local artists such as Ariane Moffatt, Valaire, Fouki, and more. The concert highlighed the diversity and talent of local artists – all for a great cause.

As part of TELUS' community involvement projects and its commitment to local causes, **they donated**\$5 for every person attending the concert,
raising a total of \$10 000 for LOVE!!



It was even more special for
LOVE as the concert was
Camélia, a youth from our
programs' first concert ever!



A LOVE alum hosted a benefit comedy show, donating all the proceeds to LOVE. The night was a huge success, with laughs shared, hugs exchanged, and an incredible donation of \$960 made to LOVE Quebec. We are grateful for the community support but more importantly, incredibly proud of our alumni!

LOVE GOES BACK TO KINKORA



Our first return to Kinkora after years of the pandemic was nothing short of a success. This year's camp was held over three days and involved a plethora of events and activities. The youth participated in a talent show, in outdoor activities, a karaoke night and even saw a double rainbow!



Moreover, thanks to the support of POP Montreal, LOVE youth and staff were invited to participate in a special artistic workshop led by Megan Kanerahtenha:wi Whyte (She/Her), who is an artist, art educator and art therapist from the Kanien'kehá:ka First Nation and Dayna Danger (They/Them), who is a 2Spirit/Queer Metis/Saulteaux/Polish visual artist who is currently based in Tio'tia:ke. The artwork was featured at the POP Montreal festival and represents the relationship between humanity and nature and the need for compassion towards the environment, oneself, and others.

Coming back to camp after two years and seeing the youth's faces light up with excitement reminded us of the impact of events like this one, that bring everyone together in a safe, understanding, and unifying environment. We are confident that all youth and staff created memories for a lifetime!





LOVE IN THE NEWS



LOVE was featured in the September 2022 issue of Montreal Families, Montreal's #1 parenting and family publication! We were so pleased to be included in a publication that, just like us, promotes the well-being and success of youth and students.

The article highlights LOVE's core programs and services as well the growing need for programs like ours in today's complex world. It is so important that families and youth know of the necessary resources that are available to them, and that they know they can reach out to LOVE and enroll their teens in LOVE programs in their very own schools or at our office.

LOVE was featured in an amazing CTV News article that highlighted our mission, our programs, and the past 30 years of LOVE's work.

During the button-making workshop led by our coordinators Kelsey and Maiya, LOVE youth discussed social issues that are important to them and learned about various social causes they can support and how to. We are so happy and honored to have been visited by CTV News and are honored for the continued support from our network and communities!

Programs aim to help teens build confidence



or some people, photography is a bebby or a pastime, but for the youth at the non-profit organization LOVE Outside, it is a way of connecting with their memotions and expressing themselves. The organization's Media Arts Program, which certain hundreds of youth in documents hundreds of youth in documents hundreds to explore their cellings through photography, writing, and journaling. The aim to pain confinence by developing units to pain confinence by developing units on pain confinence by developing units of pain confinence and painting self-aware. In which the dealth of the painting self-aware, having the ability to identify and engolate enotions, show empathy, and

LOVE, which also has chapters in Nova Scotia and Ileitish Columbia, offers other programs for youth all over Montreel as well as online to the Indigenous commun-

The organization was founded by Sheila

"Twinkle" Rudberg, whose lussband di at the hands of a 14-year-old buy in an a of violence. Twinkle realized that the to was a victim of violence as well and start LOVE with a mission to reduce youth vi

Apart from its Media Arts program LOVE has three other main programs:

The Lundership Program offers week shops on public speaking, writing, and so cial issues in order to empower youth to be come ageets of change by embracing their comes and giving them a platform when there can feed beauti

The Sexology and Sexual Education Pri gram offers workshops to help youth divelop their knowledge of issues such body positivity and consent while following the curriculum required by the Queb-Manter of Paris and Paris (Paris)

The Athletic Media Arts Program askis health and wellness approach by addresing one's emotions and feelings throug physical activity and team secuts.

Offered in schools and youth centres, growing list of schools request program every year and the organization's coordinates work with educators to see which

Programs are offered in 12- or 24-week sessions, and coordinators go into schools weekly to give workshops. There are also af-

montrealfamilies.ca

ter-school activities and workshops for youth from all over Montreat, which can be found

scople have been on the rise, even prior or the pandemic," says Robyn Oalton, the security director at IOVE Quebec. "Rates of anxiety and depression are increasing, and these can have detrimental effects on a sooning person's ability to thrive and pursue their drams. That is why our work is so morrant today.

If you think that your teenager would enclit from one of the programs, visit OVE's website to see if they are offered in our child's school.

LOVE relies on grants and donation from the community to be able to offer it free programs and activities. To whethe you are able to donate directly or sproad the word about the important work we do, we are always grateful for the support." Do ton said. For more information, visit 10





Desjardins Together for our Youth Program supports around 3000 youth initiatives every year and aims to help youth aged 5 to 30 succeed in their educational, professional and social lives. The campaign works alongside youth organizations in various fields to help over a million young people thrive.

Through this collaboration, LOVE youth spoke about their time with LOVE, what the organization means to them, and how they discovered us. The stories were turned into audiovisual pieces to bring the stories to life.



A YEAR IN NUMBERS

2463

Youth reached

29

176

Programs

Sexology workshops

2 Sexology trainings delivered to 42 educators and administrators

More youth received Sexual

Education from LOVE as compared
to last year

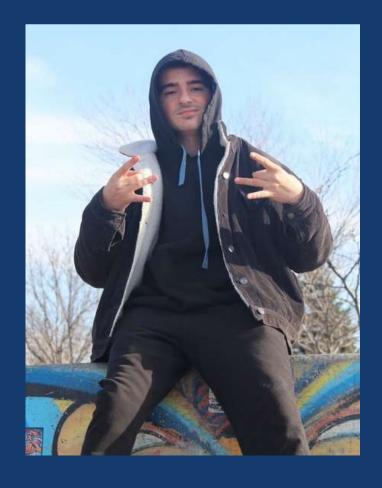
16% More programs delivered than last year

23 Programs delivered in schools

Programs in partnership with Batshaw

Media Arts Program

The Media Arts Program uses tools such as photography, journaling, and group discussions to help participants develop emotional intelligence, self-confidence, critical thinking and empathy among other skills. The program follows a detailed curriculum, where sessions are delivered weekly by our LOVE coordinators, either in a school, community centre or our LOVE office, during a 4 to 8 month period. The team works closely with each participant to ensure that they receive the support and encouragement they need to succeed. Participants are provided with the materials needed to take part, whether it be cameras, journals, or art supplies. Each session has a specific set of objectives to be achieved by taking part in the different activities.



Leadership Program



The Leadership Program builds off of the Media Arts
Program and offers a series of workshops and
activities throughout the year with the goal of
empowering youth to become agents of change in
their communities. Our young LOVE leaders gain
greater self-esteem and develop public speaking,
writing, and interpersonal skills. The program
culminates in a National Leadership Camp which
invites all LOVE chapters to participate. The youth
are encouraged to forge new friendships and even
lead workshops of their own.

Sexology Program

LOVE's Sexology Program was developed by qualified educators with backgrounds in sexology and sexual education. Drawing on our expertise in developing emotional intelligence, the program takes a deeper dive into issues such as consent, body positivity, and more, including topics required by the Quebec Ministry of Education.

Sexual Education Workshops

LOVE (Québec) offers in-school workshops for high school students in all grade levels In fulfilment of the Quebec Ministry of Education requirements in Sexual Education, developed and delivered by our qualified staff. Workshops promote safe space, inclusion and a celebration of diversity – all aligned with LOVE's values.

Athletic Media Arts and Wellness Program

The Athletic Media Arts and Wellness Program combines our expertise in developing emotional intelligence, with a focus on physical health and mindfulness. The program integrates photography, group discussions and journaling with athletic and mindfulness workshops, using physical activity and sports to foster greater selfesteem, self-expression skills, and resilience among youth and emphasizes the connection between mental and physical well-being.





NEW SKILLS AND OPPORTUNITIES WITH COVEO



Coveo, a global leader in applied AI, is also a corporate leader when it comes to its commitment to giving back. Having joined the Pledge 1% movement, Coveo generously donates 1% of their time, products, profits and equity to non-profit organizations. With a priority focus on knowledge and education for youth in vulnerable social groups, LOVE Quebec is proud to be among their charity partners and have been incredibly lucky to benefit from their generosity in a number of ways.

Reaching more youth: Coveo's generous financial commitment to LOVE Quebec has meant that we have been able to increase our reach and impact more youth. We have increased the number of programs we offer and have expanded into more schools, which has meant that more youth are able to benefit from the mental health and educational support we provide.

Inspiring our youth to dream big: Coveo hosted a group of LOVE youth for a tour of their incredible headquarters in downtown Montreal. Throughout the event, our youth had the opportunity to meet with and learn from a variety of people working for Coveo. They spoke to them about the work they do, how their career path brought them to Coveo, and what advice they might have for our young people. LOVE youth and staff left the day feeling energized and inspired, thanks to the wonderful team at Coveo.

Providing us with the tools we need to succeed: We received a gift of 5 laptops from Coveo, which have upgraded our team's access to better technology. Plus, their staff have also shared their time and technical expertise, helping us leverage online tools to benefit our operations.

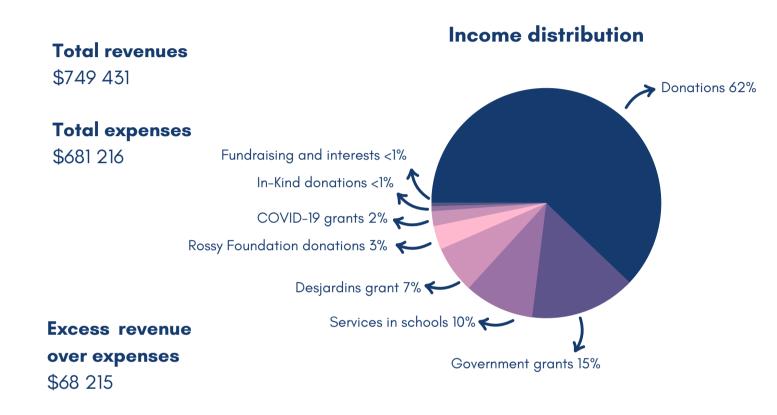




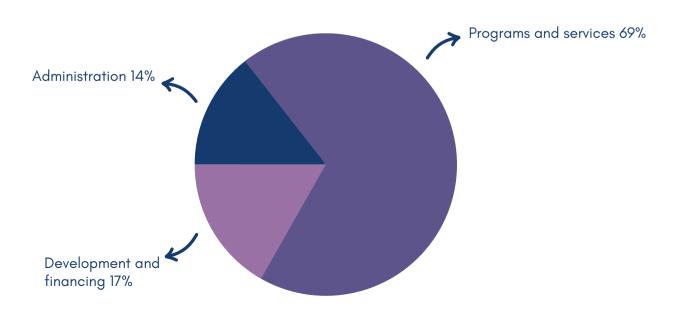


Financial report

The information listed here has been extracted from the audited financial statements of LOVE (Québec)



Distribution of expenses



ACKNOWLEDGEMENTS

LOVE (Québec) has been very fortunate to have received tremendous support from our donors, partners and volunteers. We thank them all for their generosity that has immensely helped us continue to grow in order to serve young people in need across Greater Montreal.

Diamond (100,000\$+)

Coveo

Rossy Foundation

Platinum (50,000\$+)

Gouvernement du Québec

Hewitt Foundation

Mouvement Desjardins

Newton Foundation

Gold (25,000\$+)

Centraide du Grand Montréal

Doggone Foundation

Government of Canada

Silver (15,000\$+)

George Hogg Family Foundation

Fondation du Grand Montréal

Tenaguip Foundation

Les Sœurs de la Congrégation de Notre Dame

Bronze (5,000\$+)

Brian Bronfman Family Foundation

Connor, Clark & Lunn Foundation

Hylcan Foundation

Réseau Réussite Montréal

Telus Friendly Future Foundation

Zellers Family Foundation

Memberships & Key Partnerships

- Montreal Museum of Fine Arts
- Tools of Peace
- Peace Network for Social Harmony
- lg2
- Table de Ouartier Peter-McGill
- POP Montreal
- Pierrefonds Community High School Community Learning Centre