



Reimagining our future together.
2022 **PROGRAM
REPORT**



GIRLZ SPACE 2022

Summer Program

Children and youth have suffered devastating impacts to their mental and physical health as a result of school closures and other lockdown measures during the pandemic. Various sources have indicated increased levels of eating disorders, substance-use disorders among adolescents, suicide attempts, and increased risk of stress associated with social isolation. Bringing back an in-person program supports children and youth, decreases these risks, and builds resiliency.

According to the TDSB Chair, Alexander Brown in a letter to Prime Minister Trudeau, Premier Ford and Mayor Tory, expressing concern he wrote “The COVID-19 pandemic closed the doors of schools and community agencies to children and youth. This resulted in serious consequences for many youths, including disconnecting from positive peer and caring adult relationships, extended time online, lack of access to recreational programs, decreased youth employment and medical services, and increased family poverty. In addition, the risk of child maltreatment has increased, such as physical, sexual and mental abuse, as well as neglect and exposure to family violence.”

A recent report from Children First Canada 2021 said that children and youth may have suffered more than others as the result of the pandemic, and called violence against children the "hidden crisis" of the pandemic. Over the past year, the effects of prolonged school closures have played a significant role in accelerating the top 10 threats to childhood. The learning loss and health challenges experienced by young people during the pandemic will affect them for years to come.

Kids Help Phone also reported a doubling of calls from children and youth during the pandemic, while research from The Hospital for Sick Children (SickKids) showed a large majority of children and youth experienced harm to their mental health during the first wave of the COVID-19 pandemic. Greater stress from social isolation, including both the cancellation of important events and the loss of in-person social interactions, was strongly associated with mental health deterioration.

Women's Habitat

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The Plan

The urgency to support children and youth has never been greater. Children need access to in-person learning not only for their education, but also for nutritional programs, physical activity, social and emotional learning and safeguards against abuse.

Physical inactivity is a persistent threat to children in Canada, impacting not only their physical health, but also their mental health. Play is an essential element of childhood that results not only in fun and enjoyment, but also supports children's cognitive, social and physical development. Our summer program focuses on play, social interactions with peers which has been missing from many of the lives of our children and youth.

We talked with the participants of both the Girlz Space and Teen Drop-In programs about what they would like to see in a summer program, and they want to have fun.

We provided three in-person summer camps for 8-10 participants per; two for children and one for youth. Our goal is to support them to develop and strengthen skills for mental and physical wellness., through fun focus on topics including but not limited to mindfulness, social skills and healthy relationships.

The Program

Our camps focus on setting goals in all programing and execution:

- Supporting young women to take the learning experiences they have acquired, and start practicing them in their community.
- Help young women to develop and practice strategies to cope with stress, and providing options and case management.
- Providing support in career exploration and establishing personal goals.
- Continue to build self-esteem and confidence, promoting strength and capacities.
- Provide information and resources available in the community about job searching, skills training and more.

It provides the girls a place to meet, and connect with shared experiences and feelings. They have the opportunity to access support and activities they may otherwise not, and experience it with their peers.



2022 Logic Model

We sought to provide space for youth to have fun, increase connection with others, decrease isolation and its affects, strengthen skills, and contribute to their overall wellness. Using art, activities, games, outings and more, we explored all of this through mindfulness and healthy relationships.

Girls 10-13

Inputs	Outputs		Outcome & Impact		
	Activities	Participants	Short-term	Mid-term	Long-term
1 Staff Facilitator Funds for: program supplies, transportation, food and entrance fees to community outings	Conduct surveys and discussions with youths who are current participants of Girlz Space Participant recruitment outreach to local school and community 2 camps - 5 sessions/day per camp Develop individual and group activities that help build coping skills and promote social skills Provide outings in the community designed for fun and engagement	Group – 10 female participants ages 10 – 13 to participate in each camp 10 evaluations per group	Youth have safe space to engage Youth build rapport with facilitators and other group members High school student to earn community service hours Schools and community to become more aware of the Girlz space program	Youth to continue to build rapport with facilitators and other group members Youth to increase social connections	Youth have increase in confidence Youth engage in healthy relationships with self and others Youth to increase knowledge and develop skills that contribute to wellness

Day 1 10am – 4pm What's in a Name - Getting to Know You AM – Group Activity PM – Group Activity	Day 2 10am – 4:30 pm Me and My Community AM/PM Outing – Royal Ontario Museum Exhibits – Unmasking the Pandemic: From Personal Protection to Personal Expression and #MyPandemicStory: youth create portraits of a pandemic	Day 3 10am – 4:30pm Hope and Dreams AM - Group Activity PM - Group Games in the Park	Day 4 10am – 4:30pm Playing it to a Tee AM - Group Activities PM - Mini Putt at Centennial Park Gulf Centre	Day 5 10am – 4pm Paddle to the Sea AM- Paddle Boarding PM – Group Activity
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Girls 14-16

Inputs	Outputs		Outcome & Impact		
	Activities	Participants	Short-term	Mid-term	Long-term
1Facilitator Funds for: program supplies, transportation, food an entrance fees to community outings	Surveys/discussions with youth who are current participants of Teen Drop. Daily mindfulness activities Group activities that promote self-reflection and future goals In-person visit to College and/or University Campus 5 session per camp -	Group – 10 female participants ages 14 - 16 10 evaluations per group	Youth have safe space to engage Youth build rapport with facilitators and other group members High school student to earn community service hours Youth to explore options for their future ig post-secondary education	Youth to continue to build rapport with facilitators and other group members Youth to increase social connections	Youth have increase in confidence Youth engage in healthy relationships with self and others Youth to explore options for post-secondary education

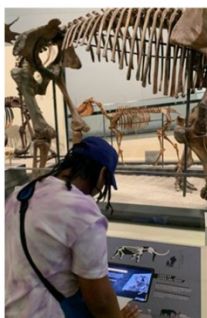
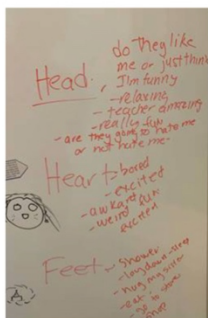
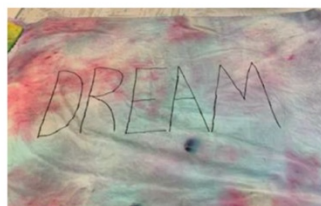
Day 1 10am – 4pm AM – Group Activity PM – Group Activity	Day 2 10am – 4:30 pm AM/PM Outing – Royal Ontario Museum Exhibits – Unmasking the Pandemic: From Personal Protection to Personal Expression #MyPandemicStory: youth create portraits of a pandemic	Day 3 10am – 4:30pm AM - Money Matters Presentation PM- University of Toronto Campus Tour	Day 4 10am – 4:30pm AM- Group Activity PM – Golf Clinic and Mini Putt at Centennial Park	Day 5 10am – 4pm AM- Group Activity – Paddle boarding PM – Group Activity
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2022 Camps

This year's camps were a huge success for our girls – combining education, collaboration, and a lot of fun. They mixed on-location activities and connection, with off-site trips all over the city to discovery history, art, sports, nature and more. It was a unique and memorable experience for all.

We were incredibly excited to bring this program back for our youth, and look forward to so much more for them in the future.





Your Support

We recognize summer is a time to enjoy the weather and make the most of time off school, but for many women and their children, it's a time where options that fit their needs can be extremely limited. We at Women's Habitat support families with activities and special programs, to help them through the summer months without the added burden of costs and complex logistics.

For years, Girlz Space Summer Camp was a highlight for our young women, and we are thrilled to have brought it back. As a founding donor of this initiative, that opportunity for them is only made possible by you.



This program supports a unique need in our community, but is also a valuable opportunity for our girls. These young women have an amazing and memorable time, but they also develop valuable skills that translate to volunteer involvement with the program leadership as they get older. It's life experience and perspective unlike any other.

Thanks to a history of that spirit, our Young Women's Counsellor Michelle Fraser introduced and continues to foster a focus on exploring post-secondary options, job readiness, and skills training. Women's Habitat is always looking to respond and adapt to the needs of our girls and young women, and this year provided another great opportunity to evolve.

What our participants received, experienced, and gained from this program is immeasurable, and so is our gratitude for your support and participation. We sincerely thank you for your generous donation of \$2,500, and hope we can look forward to many more years of partnership with your incredible organization.

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