

One day I was having a really bad day and Nexus welcomed me with open arms. They comforted me, offered me food, and one of the youth workers talked to me for almost an hour. I had nowhere else I could go for this kind of support. Nexus is an amazing place that can benefit so many people.

Ashley (age 16)

I'm on the autism spectrum and I have anxiety and anger problems. I worked with a Nexus counsellor and she really helped me to consider the consequences of my choices and to understand that I even had choices in the first place. Nexus was the first place where I had a say in the pacing and focus of the counselling I received. I was listened to and it made a HUGE difference. I'm grateful to Nexus for providing me with a professional, caring, and patient counsellor. I'm making better choices now and, as a result, I'm less likely to get into trouble and more likely to be happy.

Farah (age 18)

I started going to Nexus a year ago. I was new to Canada and someone told me it was a good place to get help. I don't have any family and rely on social services to help me with many things. At Nexus the staff always make time to sit down, listen to me, and help me make a plan. If they do not have the answer to my question, they make the effort to find the answers for me. I am always very appreciative of their advice. I know that I can always go to Nexus for help.

Miguel (age 19)



## Annual Report 2016-2017

“At Nexus I felt understood and received encouragement about myself. • I could trust who I talked to for once. • My counsellor was kind and respectful. • I like the fact that I was understood even when I could not understand myself. • It felt amazing to be talked to like a person and not just another client. • I feel safe at Nexus. • I didn't feel like I was being judged. • My counsellor really listened to me and I was able to be honest with her.”

### For You. With You.



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## OUR MISSION

Nexus Youth Services creates opportunities for youth by providing high quality services that are inclusive and responsive to the needs and voices of youth.

As we look back upon the last year at Nexus Youth Services (NYS), we have a lot to celebrate, and we are proud to share a few highlights with you in our 2016-17 Annual Report.

NYS' strong partnerships continued to enable us to meet the diverse needs of Peel youth. With Team Unbreakable of Cameron Helps and Good Life Fitness (Square One), youth learned about the link between physical activity and mental health, while Success with Age and Guidance (S.W.A.G.) engaged young men from diverse backgrounds. Other partnerships with SafeCity Mississauga, Microsoft, and UNITY Charity focused on technology, online safety, and the arts. The All Elements Hub, which launched at the Nexus Youth Centre (NYC) last year, expanded to two new locations, and with VIBE Arts we celebrated 150 years of Canadian history by producing two murals for the Toronto subway system.

Youth supported each other at NexTalks and learned about mindfulness and stress management. Their abilities were showcased at our annual basketball tournament and a talent show. In recognition of their commitment to youth, a NYS staff was honoured with the Bhayana Family Foundation's Dedication Award, and a NYS Peer Youth Worker received the Bell Canada Youth Hero Award.

As one of the Core Service Providers of child and youth mental health (CYMH) services in Peel, NYS continued to support Moving on Mental Health (MOMH), the Ministry of Children and Youth Services' (MCYS) strategy to transform CYMH services in Ontario. We provided leadership to Peel's Youth Engagement Working Group, attended the Disable the Label conference, and facilitated Youth Engagement training for CYMH service providers and youth in Peel. We increased our knowledge through training focused on trauma-informed care, building resiliency in youth, and concurrent disorders. In addition to adopting the interRAI™ ChYMH standardized assessment tools, we revised our client feedback surveys and piloted electronic surveys at NYC.

We extend our thanks to our principal funders – the United Way of Peel Region, MCYS, Region of Peel, and City of Mississauga. Thanks also to Fasting 5K, the PosVibes Project, and Marble Slab Mississauga for fundraising on our behalf. We also thank our donors, students, volunteers, and staff. The letters from youth included in this report affirm how much your support is appreciated. In 2016-17 we:

- Counseled 211 youth
- Provided volunteer opportunities for 423 youth, totalling 3920 volunteer hours
- Offered four cycles of group programming that engaged youth in skill-building, self-expression, making healthy choices, and adopting safe coping strategies
- Served 1990 youth at our Youth Centre
- Achieved overall youth satisfaction and global quality ratings of 91%
- Provided training and information sharing about youth mental health, youth engagement, and concurrent disorders to more than 2500 youth and 250 adults

Finally, thank you to our inspiring Nexus youth for sharing your journeys with us. We are proud to work with you and celebrate your successes along the way.

**BOARD OF DIRECTORS:** Patricia Grady (President), Michael Cantlon (Past President), Rudy Riske (Vice-President), David Herzstein (Secretary/Treasurer), Gail Anderson, Mélisa Djebbari, Guneet Hansrani, Tammi Lisson, Jessica Roselli, Sharon Goodland\*

\*Served in 2016 only



Patricia Grady  
President



Humphrey Mitchell  
Chief Executive Officer

### Message from the Pro-Ject Leadership Group

In 2016-17 Nexus youth accomplished a lot! Together we brightened up the Youth Centre; hosted our annual holiday event, called Nexmas; and participated in a number of activities celebrating Black History Month. We made our voices heard during focus groups about accessing mental health services, and we created subway murals to mark the 150th anniversary of Confederation. We attended the PosVibes Project Gala and contributed to the exciting youth engagement work going on in Peel. We are stronger as a community, and that includes the patient and kind counsellors and Youth Centre staff. We look forward to what 2017-18 will bring!



### Statement of Revenue and Expense

Year ended March 31, 2017

Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way of Peel	328,608	367,986	(39,378)
Ministry of Children and Youth Services	229,508	229,765	(257)
Region of Peel	97,258	97,258	-
City of Mississauga	40,115	40,115	-
Fundraising/Other Revenue	59,778	-	59,778
<b>Total</b>	<b>755,267</b>	<b>735,124</b>	<b>20,143</b>

NYS greatly appreciates the generous support we have received and we would like to recognize the following exceptional financial commitments. Additionally, we would like to extend our gratitude to local businesses for in-kind donations, as well as to those who have contributed to NYS through the United Way. To all of our 2016-17 funders and donors, thank you for your continued support.

**\$10,000+**  
Fasting 5K  
PosVibes Project

**\$7,500+**  
JCS Charity Fund

**\$5,000+**  
The Joyce Foundation

**\$3,000+**  
Paul Coughlin Fund at the Community  
Foundation of Mississauga

**\$1,000+**  
Humphrey Mitchell

**\$500+**  
Karen Anslow  
Ceri Harnden

**\$250+**  
Kathy Sdao-Jarvie

