

## Josh's Story

I moved to Canada from Trinidad last year. As a newcomer, I was struggling with culture shock and feeling isolated and lonely. I was also living in a very stressful home environment. My family looked for services that would be able to help me adjust and found Nexus Youth Services.

From the beginning, Nexus has helped me face all of the challenges in my life.

The Nexus Youth Centre (NYC) is a welcoming and safe place. The staff give me one-on-one support and I have been able to meet youth from all different backgrounds, some who are also new to Canada. The NYC feels like a home-away-from-home because there are people from different cultures speaking different languages, and everyone makes you feel welcome.

Meeting new people helps me to work on my communication skills and I enjoy welcoming other youth into the NYC. At the NYC, youth can get help finding employment, play games and participate in groups.

One of the groups, Nexercise, gives me a good workout, which helps me release my stress and feel better about myself. The new Guys' Group is also fun and it's nice to talk with other guys I can relate to.

Nexus has helped me develop a better and brighter outlook and I feel better equipped to cope with my stressful home life.

I also feel a lot less isolated because I've met so many people.

I feel much more comfortable in my new life in Canada because of Nexus.



## Annual Report 2018-2019

*“My clinician is respectful and understanding. • I received job help and made new friends. • I felt like I was part of something and it felt great. • Nexus gives me a safe space to talk. • Amazing place to be! • I am proud to be part of Nexus and help destigmatize mental health. • Nexus helped me learn about myself. • I feel like I can be honest and open. • I wish everyone knew about this resource. • I learned a lot about how to handle my emotions. • Nexus's vision inspires me. • Nexus has shown me how much talking with a counsellor can do for my mental health.”*

## For You. With You.



 [nexusyouth.ca](http://nexusyouth.ca)  
 905.795.3518  
 [foryou@nexusyouth.ca](mailto:foryou@nexusyouth.ca)  
 [facebook.com/nexusyouthservices](https://facebook.com/nexusyouthservices)  
 [twitter.com/youthnexus](https://twitter.com/youthnexus)  
 [youtube.com/nexusyouthservices](https://youtube.com/nexusyouthservices)

**Main Office**  
85A Aventura Court  
Mississauga, ON L5T 2Y6

Charitable Donation No.:  
13039 7631 RR0001



## 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.

In 2018-19, Nexus Youth Services (NYS) continued to engage youth and community partners in delivering high quality mental health services that are responsive to the needs of young people in Peel Region. We are proud to share highlights from the past year with you in our annual report.

This year, NYS learned more about the youth accessing mental health treatment services in its Counselling Program through the use of the InterRAI™ ChYMH evidence-based assessment tool. Approximately 3/4 of youth accessing the program are impacted by trauma and have difficulties related to sleep disturbances, and over half reported challenges in social relationships and interpersonal conflict. The InterRAI™ ChYMH has helped us identify ways of supporting youth impacted by trauma to reach their full potential.

In response to youth-identified interest and need, the Nexus Youth Centre (NYC) offered new workshops to help youth learn about accessing scholarships for post-secondary education, connecting with mentors in their fields of interest and increasing their financial literacy. A workshop on youth employability skills – which helped youth improve their résumés and practice interview skills – resulted in seven participants successfully obtaining employment within a few weeks.

NYC group programming engaged youth in skill-building, physical activity, making healthy choices, learning coping strategies and practicing leadership. Thanks to Peel S.W.A.G. for partnering with us to offer a group designed specifically for young men, and to UNITY Charity for continuing to help us offer The Hub, which uses urban art, beat boxing, break dancing and spoken word to foster youth self-expression.

Additionally, in 2018-19 we:

- Counselling 209 youth
- Served 1,703 youth at our Youth Centre
- Provided volunteer opportunities for 561 youth, totalling 3,718 volunteer hours
- Achieved overall youth satisfaction and global quality ratings of 88% and 90%, respectively

Thank you to everyone who helps make our work possible. Josh's story on the back cover of this report is an example of how support from our principal funders (United Way Greater Toronto, the Ministry of Children and Youth Services, the Region of Peel, the City of Mississauga and the Ministry of Tourism, Culture and Sports), donors, students, volunteers and staff makes a difference.

Thank you especially to the young people who share their journeys with us. We are proud to work for and with you along the way.

### BOARD OF DIRECTORS:

David Herzstein (President), Guneet Hansrani (Vice-President), Jessica Roselli (Secretary/Treasurer), Rudy Riske (Past President), Karen Adams, Nainesh Kotak, Cathy Kwiatkoski, David Maylor<sup>†</sup>, Rory McNabb\*, Susan Mohos, Gopala Narayanan, Wendy Peyer, Sue Prouse

<sup>†</sup>Resigned, March 2019 \*Appointed, 2019



**David Herzstein**  
President



**Humphrey Mitchell**  
Chief Executive Officer

### MESSAGE FROM THE PROJECT LEADERSHIP GROUP

In 2018-19 the Project Leadership Group (PLG) continued to focus on de-stigmatizing mental health through youth-led initiatives. Planning events for Mental Health Week allowed us to give back to our community while learning skills like how to do outreach, make connections and work as a team. The opportunities to grow as leaders were amazing and really boosted our confidence. Our group is growing and setting new goals, and we're excited to see what we will accomplish together next year!



### Statement of Revenue and Expense Year ended March 31, 2019

Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way Greater Toronto	328,607	344,036	(15,429)
Ministry of Children and Youth Services	60,058	60,058	-
Region of Peel	102,581	102,581	-
City of Mississauga	40,115	40,115	-
Ministry of Tourism, Culture and Sport	53,861	53,861	-
Fundraising/Other Revenue	32,822	-	32,822
Draw from Retained Surplus	15,429		15,429
<b>Net Position</b>	<b>633,473</b>	<b>600,651</b>	<b>32,822</b>

NYS greatly appreciates the generous support we received in 2018-19 and would like to recognize the following exceptional financial commitments. Thanks also to local businesses for in-kind support, as well as to those who contributed to NYS through the United Way.

#### \$5,000 +

The Hustler Young Men's Bible Class Foundation  
Marion Ethel & Frederick John Kamm Charitable Trust

#### \$2,500 +

American Eagle Outfitters Foundation  
Smart and Caring Children and Youth Funds at the Community Foundation of Mississauga

#### \$1,000 +

Shaw Communications Inc.  
**\$500 +**  
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Humphrey Mitchell  
Karen Anslow

#### \$200 +

Omar Goodgame  
Tammi Lisson

