

To whom it may concern.

I was diagnosed with depression in 2009. I've been to a few different psychologists but I was thought of as a lost cause. Since I joined Nexus I've been getting better. The team of social workers is fabulous, and the programs Nexus hosts are amazing. As far as I'm concerned Nexus is doing a wonderful job.

Thank you,
Nicole

Nexus has helped me in many ways. Before I came to Nexus I was dealing with an eating disorder, depression and anxiety and I had to deal with it alone. But now that I have been with Nexus I can say that it has taught me how to deal with my issues and has given me a sense of security and safety as it is a place I can always go to. I had a great experience with the counsellors I've had at Nexus because they have always been there to help and comfort me. They are always available to me and they are open and friendly people that I can relate to. Overall I am really thankful for the services Nexus has provided me with and I hope it continues.

Shaelyn



Annual Report 2015-2016

“Nexus is perfect because the staff are awesome. #perfect • We get to speak openly about our opinions and thoughts. • I was able to express myself and for the first time felt that I was actually understood. • I felt safe and didn't feel like I had to worry about being judged. • The counsellor listened and gave me good advice and explained a lot of things clearly. • Gave me a feeling of hope. • The counsellor was very open and a great listener, and genuinely cared about what I was going through. • The environment was very warm and welcoming, which allowed me to feel comfortable sharing my feelings.”

For You. With You.



nexusyouth.ca



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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.

Each year, Nexus Youth Services (NYS) continues to learn and grow in its capacity to support youth in Peel, and we are excited to share with you some highlights from the last year in our 2015/16 Annual Report.

With generous support from corporate and community partners, NYS continued to raise awareness about youth mental health in Peel. NYS was the recipient of a \$20,000 grant from the Bell Let's Talk Community Fund to support youth access to mental health counselling services through its Youth Centre location. The funding also supported two youth speakers' forums, called NexTalks, intended to combat the stigma of mental health. A group of local youth also raised funds and awareness for NYS with its first PosVibes Project Gala, an event the group will host again in 2016/17.

As part of our continuing commitment to youth engagement, a new partnership with UNITY Charity, the Ontario Trillium Foundation and the City of Mississauga allowed NYS to offer a new weekly drop-in program called "The Hub", designed to empower youth to be community leaders through peer mentorship and artistic performance rooted in hip-hop culture. NYS also partnered with Peel Children's Centre and the Peel Children & Youth Initiative (PCYI) to host the 3rd Annual Peel Youth Leaders Conference. With more than 60 youth in attendance, the conference's youth focus groups served as the official launch of PCYI's collaborative community-based research project on youth mental health. NYS continues to offer valuable input on youth engagement as part of the Ministry of Children and Youth Services' strategy to transform child and youth mental health services in Ontario.

In all its efforts, NYS continued to work for youth, with youth. The addition of a mindfulness group supported youth in finding healthy outlets for stress, and the completion of the NexRace documentary project facilitated conversations about youth homelessness and mental health in Peel. NYS also supported youth in creating a book celebrating the accomplishments of black Canadians for Black History Month. In recognition of their dedication to youth, an NYS staff was honoured with the first ever Dedication Award from the Bhayana Family Foundation.

To our principal funders – the United Way of Peel Region, Ministry of Children and Youth Services, Region of Peel and City of Mississauga – we say thank you. We also thank our donors, students, volunteers and staff. As the letters from youth included in this report highlight, you make a difference. With your support, NYS:

- Counselling 205 youth
- Served 2,119 youth at our Youth Centre
- Provided volunteer opportunities for 267 individuals, totalling 3,897 volunteer hours
- Achieved overall youth satisfaction and global quality ratings of 97%
- Offered 20 different groups to 250 unique youth
- Provided training about managing stress, concurrent disorders, improving coping skills, depression, anxiety, parenting, youth mental health and Mental Health First Aid to more than 750 youth and 300 adults

To the youth who are our partners, thank you for sharing your journeys with us. We are proud to support you and celebrate your successes along the way.

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



Patricia Grady
President



Humphrey Mitchell
Chief Executive Officer

Message from the Pro-Ject Leadership Group

2015-16 was another exciting year for Nexus youth! We were proud to showcase our hard work on the NexRace youth homelessness and mental health documentary, and we supported each other in sharing our own experiences with mental health at NexTalks. We planned several community events and created a special book for Black History Month. The counselling space at the Youth Centre got a "new look" and fundraising events, a basketball tournament, and new opportunities for learning about youth leadership rounded out the year. We feel connected to each other and the patient and kind counsellors and Youth Centre staff. We look forward to what next year may bring!



Statement of Revenue and Expense

Year ended March 31, 2016

Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way of Peel	328,608	382,092	(53,484)
Ministry of Children and Youth Services	229,508	233,381	(3,873)
Region of Peel	47,815	47,815	-
City of Mississauga	40,115	40,115	-
Fundraising/Other Revenue	76,723	-	76,723
Total	722,769	703,403	19,366

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 2015/16 funders and donors, thank you for your continued support.

\$20,000+

Bell Let's Talk Community Fund

\$10,000+

JCS Canada Charity Fund

\$7,000+

PosVibes Project
The Hustler Young Men's Bible Class

\$1,000+

Grace Rodwell – Muncaster Foundation
Humphrey Mitchell
Field of Interest Funds of the Community
Foundation of Mississauga

\$500+

Kathy Sdao-Jarvie
Roman Boychuk

\$250+

Ceri Harnden
Karen Anslow
Hydro One Inc.,
Employees and
Pensioners' Charity Trust
Fund

